

# Rice Ambrosia

## Ingredients:

- Brown rice
- Cinnamon
- Almonds
- Raisins
- Yogurt or cottage cheese

## Directions:

Ask an adult for help preparing rice in a rice cooker. Let rice cool. Mix in other ingredients.



**Pump it Up:** Run in place for 2 minutes while the rice is cooking!



**Food for Thought:** Sick of the same old bowl of cereal for breakfast? Mix it up with a bowl of rice! Brown rice is filled with long lasting energy to help you tackle the day!

Tasty Thoughts: \_\_\_\_\_  
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