

Whole Grain Breakfast Recipe

Rice Cooker

Apple Pie Porridge



Ingredients	Approx. Cost*
Steel cut oats – 2 rice cooker-cups (or 1 ½ measuring cups) from a 16 oz box	\$1.90
1 apple, cored and sliced or diced	\$.99
Raisins – ½ cup from a 12 oz pkg	\$1.35
Honey or brown sugar, 1 teasp. cinnamon	\$.50**
1 8 oz bag chopped walnuts	\$3.99
Total:	\$8.73

of servings 8 1-cup servings. **Price per serving: \$1.09**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Put steel oats in rice cooker. Add water to the “2” line and add apple, raisins and cinnamon. Push button down. When button “pops”, fluff with a fork, add walnuts and serve with a drizzle of honey or a sprinkling of brown sugar over the top.

Nutritional Information per 1 cup serving

Calories	312
Total Fat	19.5 g
Saturated Fat	2 g
% of daily total	10 %
Carbohydrates	32 g
Protein	7 g
Fiber	4 g

	% of daily total*	
Vit A	0	%
Vit C:	2	%
Calcium:	4	%
Iron	9	%
Good source of*	<i>Magnesium, Thiamin, Selenium and Zinc</i>	
*(10% or more of the RDA)		

based on 2000 calorie diet

