

Apricot Cinnamon Couscous

Ingredients:

- 1 15 ounce can apricots or other fruit packed in unsweetened juice
- 2 rice cooker cups whole wheat couscous
- ½ teaspoon cinnamon
- 1 tablespoon butter
- Honey for drizzling

Directions:

Drain apricots (or other canned fruit) of juice. Pour couscous into rice cooker. Add water to the “2” line and add cinnamon and apricots. Press button down. When rice cooker button “pops” add butter and fluff with a fork. Serve with a drizzle of honey over the top.



Pump it Up: Put on your favorite music while the rice cooker is working and dance! Try twisting, hopping on one foot, moving your arms up and down or swirling round and round!



Food for Thought: Whole Wheat couscous is a great source of fiber and fiber helps you feel full. Apricots are high in vitamin C which strengthens and protects our immune systems.

Tasty Thoughts: _____

