

Whole Grain Breakfast Recipe

Rice Cooker

Muesli



Ingredient	Approx. Cost*
Barley (1 16oz box), cooked	\$1.39
Steel cut oats (1 16oz box), cooked	\$3.00
1 large container (32 oz) vanilla yogurt	\$4.99
Raisins (15 oz box)	\$2.69
Walnuts, chopped (8 oz bag)	\$4.29
Cinnamon	\$0.25**
Total	\$16.61

of servings: 16 **Cost per serving: \$1.04**

*Based on Peapod's on-line pricing as of 2/09. Grains priced through Jewel.

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

Directions: Stir together ingredients and serve. Any dried fruit such as cherries, blueberries, cranberries or apricots would be great with a cup of morning muesli. Instead of walnuts, try chopped pistachios, pecans, almonds or hazelnuts.

Nutritional Information per 1 cup Serving:

Calories	345
Total Fat	1g
Saturated Fat	0g
% of daily total	0%
Carbohydrates	55g
Protein	10g
Fiber	7g

% of daily total	
Vit A	1%
Vit C:	2%
Calcium:	15%
Iron	12%
Good source of*	Calcium, Iron, magnesium, B vitamins, zinc and potassium
*(10% or more of the RDA)	

based on 2000 calorie diet

