

Whole Grain Breakfast Recipe

Rice Cooker

Tropical Breakfast Bowl



Ingredient	Approx. Cost*
Millet (approx 1 lb), cooked	\$0.99
1 large container (24 oz tub) cottage cheese	\$2.99
Pineapple chunks (1 20 oz can)	\$1.69
Bananas (4) cut into small pieces	\$1.56
Honey, nutmeg	\$0.50**
Total	\$7.73

of servings: 12 **Cost per serving: \$0.64**

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

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

Directions: Stir together ingredients and serve. Chopped fresh berries, peaches, apricots, plums or cherries would be an excellent exchange with this millet dish. Try cinnamon instead of nutmeg or maple syrup instead of honey.

Nutritional Information per 1 cup Serving:

Calories	271
Total Fat	3g
Saturated Fat	1g
% of daily total	5%
Carbohydrates	51g
Protein	12g
Fiber	4g

	% of daily total
Vit A	2%
Vit C:	11%
Calcium:	4%
Iron	8%
Good source of*	Vitamin C, Magnesium, B vitamins, zinc and potassium
*(10% or more of the RDA)	

based on 2000 calorie diet

