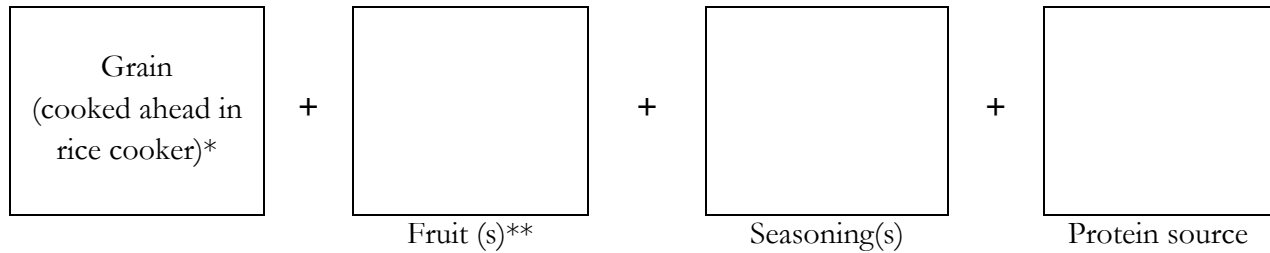


## Grain Recipe Framework: Breakfasts



### Ideas

oats, quinoa,  
buckwheat, millet,  
rice, barley

avocado  
berries  
bananas  
apple slices  
raisins  
mango  
peaches

honey  
cinnamon  
nutmeg

yogurt  
cottage cheese  
ricotta cheese  
nuts  
hardboiled/  
cooked egg

\*\*fresh,  
seasonal, and  
local is best

Directions: Stir together ingredients and serve.

\* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Oats (steel cut)	25 minutes
Bulgur	25 minutes
Millet	25 minutes
Quinoa	30 minutes
Long grain Brown rice	35 minutes
Barley	30 minutes

\*Cup provided with Rice Cooker (about ¾ measuring cup)