

## COOKED RICE CEREAL

*4 Servings, 1 cup each*

<u>White rice, uncooked</u>	<u>1-1/2 cups</u>
<u>1% lowfat milk</u>	<u>2 cups</u>
<u>Sugar</u>	<u>1/4 cup</u>
<u>Ground cinnamon</u>	<u>1 teaspoon</u>

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 15 MINUTES**

1. Cook rice according to instructions on the package.
2. Combine warm cooked rice, milk, sugar, and cinnamon. Stir and serve.

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PER SERVING:

<u>Calories</u>	<u>250</u>
<u>Total fat</u>	<u>2 grams</u>
<u>Saturated fat</u>	<u>1 gram</u>
<u>Cholesterol</u>	<u>5 milligrams</u>
<u>Sodium</u>	<u>66 milligrams</u>