

Before attempting the following recipe, make sure to ask an adult to help you.

Brown Rice Breakfast Porridge

1 cup cooked brown rice
1 cup milk
1 dash cinnamon
1 tablespoon honey
1 egg
¼ teaspoon vanilla
1 tablespoon butter
Dried cranberries or raisins (optional)

Combine the cooked brown rice, milk, cinnamon, and honey in a small saucepan. Bring to a boil; reduce heat and simmer for 20 minutes. Beat the egg in a small bowl. Wisk in some of the rice, 1 tablespoon at a time until you have incorporated 6 tablespoons. Stir the egg into the rice along with the vanilla and butter and continue cooking over low heat for 1-2 minutes to thicken. Add dried cranberries or raisins if desired.