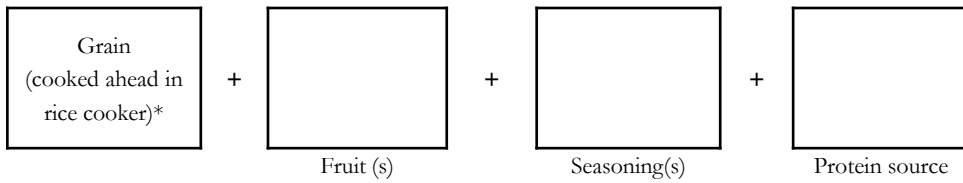


Grain Recipes Framework: Breakfasts



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

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 $\frac{3}{4}$ measuring cup)