

# Fruit Recipe

## Rice Cooker

### **Apricot-Honey Cous Cous**



<b>Ingredients:</b>	<b>Approx. Cost*</b>
1- 15 oz can apricot halves, drained	\$1.59
Whole wheat cous cous – 2 rice cooker-cups (or 1 ½ measuring cups) from a 12 oz box	\$1.90
Honey, ½ teasp. cinnamon, 4 Table. butter, pinch of salt	\$1.00**
1 – 6 oz bag sliced almonds	\$3.49
<b>Total:</b>	<b>\$7.98</b>

# of servings: about 6 - 1 cup servings. **Cost per serving: \$1.33**

\*Based on Peapod's on-line pricing.

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

**Directions:** Pour cous cous into rice cooker. Add water to the “2” line and add pinch of salt, cinnamon and apricots. Press button down. When rice cooker button “pops” add butter and almonds and fluff with a fork. Serve with a drizzle of honey over top.

#### Nutritional Information per 1 cup serving

<b>Calories</b>	458
<b>Total Fat</b>	<b>23 g</b>
Saturated Fat	6 g
% of daily total	22 %
<b>Carbohydrates</b>	<b>55 g</b>
<b>Protein</b>	<b>12.5 g</b>
<b>Fiber</b>	<b>7 g</b>

% of daily total		
Vit A	18	%
Vit C:	9	%
Calcium:	9	%
Iron	11	%
Good source of*	<i>Vit A, Niacin, Iron, Magnesium, Riboflavin, Thiamin, Zinc, Vitamin E, Manganese</i>	
*(10% or more of the RDA)		

based on 2000 calorie diet

