

# Whole Grain Recipe

## Rice Cooker

### Morning Millet and Oats



Ingredients	Approx. Cost*
1 rice cooker-cup millet, rinsed	\$ .50
1 rice cooker-cup steel cut oats	\$ .80
2 tablespoons butter	\$ .20
¼ cup brown sugar	\$ .49
2 bananas, sliced	\$ .78
½ cup dried plums, chopped	\$1.16
6 tablespoons walnuts or almonds, chopped	\$3.72
12 tablespoons milk (2/3 of a cup)	\$ .25
<b>Total:</b>	<b>\$7.90</b>

# of servings: 6 Cost per servings: \$1.32

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

**Directions:** Rinse millet. Put millet and steel cut oats in the rice cooker. Add four rice-cooker cups of water, a dash of salt and cover. Press down “on” button. Button will “click” up to “warm” once the grains are done. Unplug cooker. Stir butter and brown sugar into grains. Top each serving with bananas, dried plums, 1 tablespoon of nuts and 2 tablespoons of milk. Serve.

#### Nutritional Information per 1 cup serving

<b>Calories</b>	391
<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	3.5 g
% of daily total	16 %
<b>Carbohydrates</b>	<b>64 g</b>
<b>Protein</b>	<b>9 g</b>
<b>Fiber</b>	<b>6 g</b>

	% of daily total
Vit A	8 %
Vit C:	4.5 %
Calcium:	7 %
Iron	14 %
Good source of*	<i>B Vitamins, Iron, Magnesium, Manganese, Potassium, Zinc, Selenium</i>
*(10% or more of the RDA)	

based on 2000 calorie diet

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