

Fast Cereal Alternative

By Jana Verhaeghe

Ingredients

½ cup cooked rice*
2 tbsp slivered almonds
2 tbsp salted or unsalted pumpkin seeds
1 tbsp salted or unsalted sunflower seeds
1 tbsp raisins (for a touch of sweetness, but less is better or omit altogether)
½ teaspoon cinnamon powder
Unsweetened almond milk (regular, vanilla or chocolate)
(Regular milk can also be used if dairy does not bother you)

Cooking Method:

1. Put all ingredients in a bowl;
2. Add as much almond milk as desired and enjoy!

Amounts are suggestions, add as little or as much of each ingredient as you like

Oatmeal Alternative

For a hot dish simply warm the rice and almond milk then add the rest of the ingredients.

*I always leave cooked rice in the fridge so I can make this as a quick breakfast if I sleep in, a snack in the afternoon or at bedtime.