

BREAKFAST RICE PORRIDGE



June 23

National Porridge Day

INGREDIENTS

- 4 Cups Cooked Rice (enriched or whole grain-rich)
- 5 Cups Milk
- 20 Medjool Dates (pitted and chopped)
- 1 Teaspoon Cinnamon

DIRECTIONS

1. In a sauce pan combine rice, milk, dates and cinnamon. Bring it to boil and then lower the heat and simmer for 5 to 7 minutes until it gets thick and creamy.
2. Serve it warm or cold.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
2/3 Cup	2/3 Cup	1 1/8 Cups	2 1/4 Cups