

Whole Grain Porridge

Total: 65 min. Cook: 50 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 287. Total Fat: 1g. Carbs: 62g. Protein: 8g.

Ingredients

- 1/2 cup wild rice
- 1/2 cup steel-cut oats
- 1/2 cup wheat cereal
- 1/4 cup pearl barley
- Orange peel
- 1 cinnamon stick
- 1 tbsp light brown sugar
- 1/4 tsp salt
- 1/4 cup dried fruit
(cranberries, cherries, etc.)
- Optional chopped nuts

Directions

Up to 12 hours before serving, put the rice, oats, barley and farina in a 6-to-10-cup rice cooker. Stir in the orange peel, cinnamon stick, sugar, salt and 5 cups water. Add the dried fruit.

Close the cooker, set the timer and program for the porridge cycle so that breakfast is ready at the desired time. (If you don't have a porridge setting on your rice cooker, program for 50 to 55 minutes.

Serve the warm porridge with nuts, if desired.

