

Brown Rice Cereal with Vanilla Cream and Berries

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Adapted from Instantly Delicious Cookbook

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6254356b27b76000e25b3d68>

- 2 cups cooked brown rice
- 1 cup 1% milk
- 1/4 cup heavy cream
- 3 Tbsp zero calorie sugar replacement – I use Monkfruit
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 2 tsp grated lemon rind

1. Divide rice among 4 bowls
2. Add the milk, cream, sugar and salt to a saucepan.
3. Cook over medium high heat, stirring constantly, 2 minutes or until thoroughly heated.

4. Remove from heat, stir in vanilla.

5. Top rice evenly with cream mixture. Sprinkle with berries and lemon zest

Breakfast

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berries, cream sauce, rice cereal