

# 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

Breakfast

berries, cream sauce, rice cereal