Eggnog breakfast porridge

COOK TIME	4 min
PREP TIME	5 min
MAKES	4 servings

Eggnog isn’t just for the holidays! With this recipe, you’ll enjoy the taste of eggnog year round. Organic quinoa, red rice and flaxseed make this a nutritious way to start the day—and the rum extract, banana, and nutmeg will make your taste buds smile.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa, Brown, & Red Rice with Flaxseed
- 1 Tbsp. rum or 1/2 tsp. rum extract
- 1 large organic banana
- 1/2 cup egg substitute
- 1/2 cup half and half
- Nutmeg, grated
- 2 tsp. honey
- 1/2 cup vanilla yogurt

DIRECTIONS

1. In 2-quart saucepan, whisk together egg substitute, half-and-half, honey, rum and nutmeg.
2. Stir in SEEDS OF CHANGE™ Organic Quinoa, Brown & Red Rice with Flaxseed.
3. Heat over medium-low heat about 4 minutes or just until beginning to thicken; remove from heat.
4. Divide among 4 bowls.
5. Top with sliced banana, yogurt and a sprinkle of nutmeg.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	230
Total Fat	6g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	8%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	151mg
Cholesterol % DV	5%
Sodium	210mg
Sodium % DV	9%
Total Carbohydrate	36g
Dietary Fiber	1g
Sugars	13g
Total Carbohydrates % DV	13%
Dietary Fiber % DV	4%
Protein	9g

You might also love...

Whole grains ‘n cheese

Cook time

0 min

Prep time

10 min

Creamy roasted cauliflower & whole grains soup

Cook time

30 min

Prep time

30 min

Grilled shrimp gumbo rice salad

Cook time

15 min

Prep time

20 min

Fabulous fried rice

Cook time

6 min

Prep time

30 min

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