

Overnight Cream of Wheat

This is a good grab and go breakfast made the night before (or can be eaten right away as well).

Makes: 1 serving (1 cup per serving)

Ingredients

- 3 Tbsp Cream of Wheat
- 2 Tbsp applesauce (unsweetened)
- ¼ cup rice milk (original, non-enriched)
- ¼ cup water
- Sprinkle of cinnamon to taste (1-2 shakes)
- 1-2 drops vanilla extract
- ¼ cup rice milk
- Fresh or frozen blue berries (see picture below)
- Optional: Garnish with crushed vanilla wafer



Directions

1. In mason jar (or bowl), mix together Cream of Wheat, applesauce, ¼ cup rice milk, water, cinnamon and vanilla extract
2. Heat in microwave at 30 second increments until cooked, stirring every 30 seconds (approximately 1 ½ to 2 minutes).
3. Once cooked, top with ¼ cup rice milk to keep moist (see picture). Add fresh or frozen blueberries. Garnish with crushed vanilla wafer (optional). Cool and place in refrigerator.
4. Enjoy the next morning cold (or warm it up if you prefer).

**You can add a scoop of protein powder during the cooking process to increase protein content. This version could be used as a simple lunch.

**If you reheat the cream of wheat in a mason jar, make sure the lid is removed.

Nutrition Facts (serving size: 1 cup)

Calories: 190kcal
 Protein: 4g
 Carbohydrate: 35g
 Phosphorus: 200mg
 Potassium: 135mg
 Sodium: 155 mg

