

wild rice and berries

Yield: 6 servings (1/2 cup each)

Ingredients:

- 1 cup raw wild rice
- 3 cups water
- 2 cups blueberries, fresh or frozen (or other berries)
- 1/3 cup real maple syrup

Directions:

Cook rice in water until rice is tender (about 45 minutes). Take rice off heat and let sit for about 5 minutes (until all the water is soaked up by the rice).

Mix in the berries and maple syrup. Can be eaten warm or cold. Each serving estimated at 182 calories, 4.5 g. protein, 42 g. carbohydrate, 3.5 g. fiber, 0 g. fat, 10 mg. sodium.

Recipe adapted from
<http://nativefood.blogspot.com/2006/07/wild-rice-and-cranberries.html>

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