



KIDS FIRST *Healthy Recipe*

BREAKFAST COUSCOUS

1 cup	whole wheat couscous, uncooked	¼ cup	water
½ cup	RI-grown apples, medium chopped	2 tbsp	Rhode Island honey
½ cup	RI-grown peaches, medium chopped	½ tsp	cinnamon, ground
½ cup	golden raisins	¼ tsp	allspice
¾ cup	Rhode Island apple cider	pinch	salt

1. Bring juice, water, honey, spices and salt to a boil.
2. Once boiling, stir in couscous and cover. Shut off heat and allow to sit, covered, for 5 minutes.
3. After 5 minutes, fluff couscous with fork and allow to cool. Add fruit and raisins, stir, and serve!

Serving Suggestions: Try different dried fruits and/or nuts for a nice addition. You can also add a touch of vanilla, cardamom or maple syrup.

Nutritional Information

Per serving (4-6? servings in recipe):

Calories:	160	Potassium:	4%
Cal from Fat:	5	Vitamin C:	2%
Total Fat:	0 g	Calcium:	2%
Saturated Fat:	0 g	Iron:	6%
Cholesterol:	0 mg		
Sodium:	170 mg		
Carbohydrates:	37 g		
Fiber:	3 g		
Sugar	20 g		
Protein:	3 g		

Percent Daily Values are based on a 2000 calorie per day diet

For more information and healthy recipes,
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www.kidsfirstri.org



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**REMEMBER: Use RI-grown
produce whenever possible!**