



Breakfast Couscous

Serves: 4-6

Ingredients:

¾ cup	Apple Cider
¼ cup	Water
2 tbsp	Honey
1 tsp	Cinnamon, ground
1 tsp	Allspice
A pinch	Salt
1 cup	Whole Wheat Couscous, uncooked
½ cup	Apples, medium chopped
½ cup	Peaches, medium chopped
½ cup	Golden Raisins

Method of Preparation:

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:

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



*This recipe uses RI Grown apple cider, apples, peaches and honey!