

## Hearty Apple & Raisin Cereal

*The Early Sprouts Cookbook*

4 medium apples diced in ½-inch pieces  
1 ½ cups raisins  
2 teaspoons ground cinnamon (or to taste)  
2 cups raw bulgur wheat  
4 cups water  
2 cups skim or low-fat milk (heated if desired)  
½ cup pure maple syrup (or to taste)

1. In a small bowl, combine apples, raisins and cinnamon; set aside.
2. In a medium saucepan, combine bulgur with water and cook over medium-high heat until soft, about 15 minutes.
3. Spoon cooked bulgur into a large serving bowl. Add milk, maple syrup and apple mixture. Mix well and serve.

Variations: Top the cereal with toasted pecans (if your program allows nuts). Substitute soy, almond, or other non-dairy milk for cow's milk.

Serve with ¾ cup fluid skim or 1% milk for a CACFP breakfast for preschoolers.

Estimated preparation and cooking time: 30 minutes

Makes 10 servings

### **Nutrition Information**

Per serving (1/10 of recipe): 240 calories, 0.5 g total fat, 0 g saturated fat, 0 mg cholesterol, 59 g carbohydrates, 8 g fiber, 32 g sugars, 6 g protein, 25 mg sodium

### **Did you know?**

- Bulgur is whole wheat that has been steamed, dried and crushed. It's a staple food in the Middle East.
- Bulgur can be used in pilafs, breads and grain-based salads like tabbouleh.
- Bulgur contains more fiber, vitamins and minerals than rice.
- Look for bulgur in the natural food section of your grocery store.