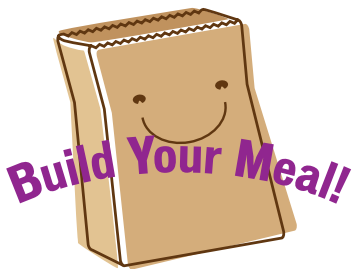




Maple Brown Rice Breakfast Bowl

A Food Hero Recipe Kit

You can make rice bowls at home with foods you have on hand. This one is topped with fresh fruit and nuts.

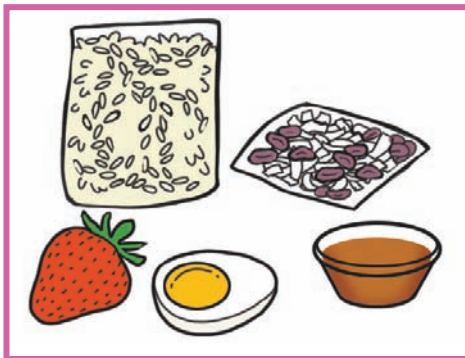


Make it at home!

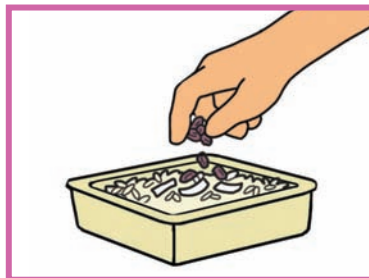
With the ingredients in today's school meal bag, you can make a rice bowl for breakfast. Follow the steps below. Or you can eat the ingredients on their own. For cooking tips, nutrition facts, a video, and a recipe for making our **Breakfast Rice Bowl** at home, visit: [FoodHero.org/recipes/rice-bowl-breakfast-fruit-and-nuts](https://www.foodhero.org/recipes/rice-bowl-breakfast-fruit-and-nuts)

Ingredients

- 1 cup cooked **brown rice**
- 1.5 oz **golden raisins** and **coconut chips**
- 1 oz **maple syrup**
- 1 large **hard-cooked egg**
- 1 large **strawberry**



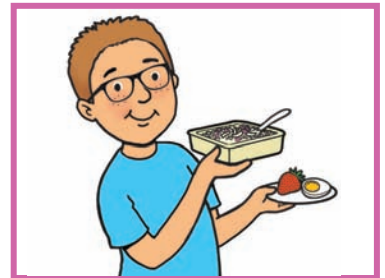
- 1 Empty the bag of rice into the bottom of the container.



- 2 Top the rice with the raisins and coconut chips.



- 3 Pour the syrup over the rice.



- 4 Enjoy the egg and strawberry on the side.

- 5 This breakfast is best eaten right away. Refrigerate leftovers within 2 hours.