

Yummy Cream of Rice

MACROS

- 456 Calories
- 55g Carbs
- 11g Fat
- 33g Protein

INGREDIENTS

- 50g Cream of Rice
- 1 cup water
- 80g liquid egg whites
- 15g vegan protein powder
- 60g blueberries
- 10g nut butter
- 6g cacao nibs



“ This meal is good served hot or cold. You can meal-prepare this ahead of time allow it to cool first, and then refrigerate for up to 3 days. -Gail ”

RECIPE

- Combine 50g of cream of rice with 1 cup of water in a small pot over medium/high heat. (You can use any kind of cream of rice - I use Pride Foods - chocolate brownie or brown sugar and cinnamon).
- As it begins to thicken, add in 80g of liquid egg whites and continue to stir. You will know when the egg whites and cereal are done cooking when it has a good thick consistency. *You can also use the microwave but keep an eye as it can easily overflow - small time increments work best.*
- Pour cereal into a glass bowl and add 15g of vegan protein powder (Vanilla, maple or banana flavors are great). *You may also need 1/4 cup of water to allow it to absorb well.*
- Top the cereal off with 60g of blueberries, 10g of nut butter, and 6g of cacao nibs.