Cream of Rice with Walnuts



Prep Time: 3 Min **Cook Time:** 10 Min **Total Time:** 13 Min

Serves 1

Ingredients

- 1/4 Cup Cream of Rice
- 2 Tablespoons brown sugar
- 1 Oz walnuts (lightly chopped)

Instructions

At home:

1. Combine ingredients in a sealable plastic sandwich bag.

On the trail:

1. Boil 1 cup water.
2. Either add ingredients to the pot and wait 5 minutes or
3. Pour the water into the sandwich bag, seal, and put in your hat for 5 minutes.
4. Be careful if you squish the bag around as the bag could pop open.

Nutrition

	Amount Per Serving	% Daily Value
Calories	447	20.5%
Total Fat	17g	26%
Saturated Fat	1g	5%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrate	67g	22%
Dietary Fiber	2.2g	9%
Sugars	27g	
Protein	9.7g	19%
Vitamin C		1%
Calcium		4%
Iron		77%

Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Notes

- Dry weight is 3.6 ounces

- Substitute 2 tablespoons peanut butter for the walnuts. Mix the Cream of Rice, brown sugar, and peanut butter together at home. This variation will leave the Cream of Rice a tiny crunchy. The calorie total is 5 more calories.