



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.

| <u>Nutrition</u> | | |
|-------------------------|--------------------|---------------|
| | 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.