

# Chowder Recipes

## BREAKFAST SURPRISE A LA CHOWDER

2 cups cooked brown rice  
½ cup soy milk  
2 teaspoons honey or jam  
1 apple, chopped  
1 teaspoon cinnamon  
2 tablespoons raisins

1. Mix all ingredients together in a medium bowl.
2. Keep mixing!
3. Mix some more.
4. Microwave for 30 seconds.
5. Let cool and enjoy!

Servings: 4

Nutritional Info, 1 serving:

Calories: 161; Calories from Fat: 8%; Calories from Saturated Fat: 0%;  
Calories from Trans Fat: 0%; Sodium: 20mg; Calories from Sugar: 23%;  
Nutrients: Iron