

quick
**Breakfast
Bulgur**

*Tired of oatmeal?
With a nut-like flavor,
bulgur is a tasty breakfast
alternative.*

$\frac{2}{3}$ cup bulgur*
 $\frac{1}{3}$ cups water

Toppings:**Milk****Dried fruit, chopped**

*cranberries, apricots, plums,
cherries, or raisins*

Nuts, chopped

pecans, walnuts, almonds

Cinnamon or nutmeg**Sunflower seeds****Brown sugar or maple syrup**

** Bulgur may be found in the
bulk foods section of the grocery store
or sometimes in the rice, pasta
or hot cereal section.*

1 Heat bulgur and water to boiling.

2 Remove from heat.

Cover and let stand for 25 minutes.

(For softer cereal keep the heat on low
and cook 12 minutes until the water is absorbed.)

3 Portion cooked bulgur into 2 bowls.

Serve warm with toppings of your choice.

