Hot Rice or Grain Cereal

Ingredients

- 3/4 cup cooked, leftover rice or other grain
- 1/2 cup soy, grain, nut or coconut milk
- 1 Tablespoon raisins or chopped fresh fruit
- Cinnamon to garnish
- 1 Tablespoon ground flax seeds (optional)
- Almonds, walnuts or other nuts or seeds to top with
- Maple syrup, honey or another kind of sweetener (if desired)

To Make

In a small pan heat the grains and milk to a boil, add the raisins and let sit a minute to soften them.

If using grains that are not soft add another ¼ cup or so of water and cook a few minutes longer before adding the raisins.

Savory option: Top with nuts an egg and herbs or curry spices.