



## Bulgur Fig Hot Cereal

### Ingredients

- 1 ½ cups vanilla almond milk
- ½ cup dry bulgur
- 2 dried figs
- optional toppings:\* pinch of salt, sliced fresh figs, cherries, toasted almonds

### Directions

Makes 2 servings

1. In a small saucepan, combine almond milk, bulgur and dried figs. (Add a pinch of salt, if desired.) Bring to a slow boil and reduce heat to simmer for 10 to 15 minutes.
2. Portion into 2 bowls and fluff with a fork. Garnish with fresh figs, cherries and / or toasted almonds, if desired.
3. Serve warm or at room temperature.

\*Option not included in nutrition facts.



MAIN DISH



### TIP

Seasons change — your ingredients should too! When the weather heats up, swap the figs for a mix of fresh blueberries, blackberries and raspberries. You can also make this into a quick side dish by cooking the almond milk and bulgur, then mixing in some slivered almonds. Add a bit of no-salt seasoning if it needs a kick of flavor.

♥ = heart smart

⊗ = low sodium

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### Nutrition Facts

Serving Size 1 cup (214g)  
Servings Per Container 2

Amount Per Serving

**Calories 210**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 120mg**    **5%**

**Total Carbohydrate 44g**    **15%**

Dietary Fiber 5g    **20%**

Sugars 15g

**Protein 5g**

Vitamin A 8%    •    Vitamin C 0%

Calcium 20%    •    Iron 8%

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

Calories:    2,000    2,500

Total Fat    Less than    65g    80g

Saturated Fat    Less than    20g    25g

Cholesterol    Less than    300mg    300mg

Sodium    Less than    2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:    Fat 9    •    Carbohydrate 4    •    Protein 4

Recipe contains: wheat

Carb choices per serving: 3