Wild Rice Porridge with Berries
Makes 4 – 1/2 cup servings

Leftover wild rice can easily become simple breakfast that is warm and comforting.

2 cups cooked wild rice
3 cups milk or a fortified plant-based drink
1 cup blueberries or strawberries, fresh or frozen
1 tablespoon maple syrup

Warm the rice and milk in a pot over medium heat. Stir often to prevent sticking and cook until creamy, about 10 minutes.

Stir in the berries and maple syrup and heat through.

Cool slightly before serving. Blend for babies or mash for toddlers. Cut berries in half or mash for children under 4.