

## Breakfast Couscous

### Ingredients

1 c milk (I use almond)

¼ c water

½ c uncooked whole-wheat couscous

½ c chopped apple

¼ c raisins

1-2 Tbsp brown sugar\*

½ tsp ground cinnamon

⅛ tsp salt

optional add-ins: ¼ c chopped nuts

¼ c dried cranberries

Ground flax seeds to taste

### Directions

Bring milk and water to a boil in a small saucepan; stir in remaining ingredients. Remove from heat. Cover; let stand 10-15 minutes. Top with optional add-ins if desired. Serves 3-4

\*you can get away with less or no sugar depending on how much dried fruit you add.

*cooking with care*

Cooking with Care by Amy Sokol - [www.cookingwithcare.com](http://www.cookingwithcare.com)