

Apple Rice – Vegan

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes

Serving Size: 2
Calories per serving: 408
Fat per serving: 4 grams

Ingredients

- 1 cup cooked brown rice
- 1/2 apple, diced
- 2 tablespoons maple syrup
- 1 teaspoon lemon juice
- 1/4 teaspoon ground cinnamon
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Instructions

1. Combine all the ingredients in a dish covered with a lid.
2. Microwave for 5 minutes, stir, then microwave for another 5 minutes.
3. Serve hot.

Notes

Nutrition facts (per serving): Calories: 408, from fat: 36, total fat: 4g, cholesterol: 0mg, sodium: 34mg, total carbohydrate: 91g, fiber: 7g, sugar: 10g, protein: 6g.