

Breakfast Bulgur with Pears



breakfast

POINTS® Value: 4
Servings: 4
Preparation Time: 5 min
Cooking Time: 20 min
Level of Difficulty: Easy

Tired of oatmeal for breakfast? Try bulgur. Generally served in savory preparations, bulgur makes an excellent whole-grain breakfast food.

Ingredients

1 large pear(s), cored and chopped
1 cup(s) any type of nectar, pear
1 cup(s) water
1 cup(s) uncooked bulgur
1/4 tsp ground nutmeg
1/4 tsp table salt
4 oz Colombo Low Fat Vanilla Yogurt, or other brand, 1/2 cup

Instructions

Put pear, pear nectar, 1 cup of water, bulgur, nutmeg and salt into a medium saucepan and bring to a boil.

Cover and reduce heat to very low. Simmer until liquid is absorbed and bulgur is tender, about 15 minutes.

Spoon into 4 bowls and top each with 2 tablespoons vanilla yogurt.

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