



BUSTLING BREAKFAST RECIPES

by *Cynthia Lair*

Jam-Filled Mochi

Mochi is made from sweet brown rice that has been cooked, pounded into a paste, and then compressed into dense bars. When broken into squares and baked, it puffs up like a cream puff and gets gooey inside. Mochi comes plain or in several flavors; cinnamon-raisin mochi is the breakfast favorite at our home. Look for mochi in the refrigerated or freezer section of your natural foods store. Sweet brown rice is an excellent food for nursing moms. Children love this warm chewy breakfast treat.

1 block mochi

All-fruit jam or preserves (your favorite flavor)

Preheat oven to 400 degrees F. Break mochi into squares. The block is usually scored so that it can be broken easily into 2-by-2-inch squares. Place squares on a lightly-oiled cookie sheet and put in oven. Bake until mochi puffs up (10-12 minutes). Remove from oven. Open each square and slip a teaspoon or two of jam inside. Serve immediately.

Preparation time: 15 minutes

Makes: 6 mochi squares

FOR BABIES 6 MONTHS & OLDER: Mochi is a little too sticky and chewy for a mouth with few teeth. Make some baby cereal out of sweet brown rice so you can both benefit from this unique type of rice.