

# Apple Cherry Breakfast Risotto

Servings: 4

*This delicious and creamy dish is packed with nutrients. Using the pressure cooker makes this a quick and easy breakfast.*

## **Ingredients**

*2 Tbsp. butter*

*1 1/2 cups Arborio rice*

*2 large apples, cored and diced*

*1 1/2 tsp cinnamon*

*1/4 tsp salt*

*1/3 cup brown sugar*

*1 cup apple juice*

*3 cups milk (I used 1%)*

*1/2 cup dried cherries*

## **Procedure**

- 1)** Using the sauté mode, melt the butter in the Instant Pot. Add the rice and cook for 3 -4 minutes, stirring frequently.
- 2)** Add the apples, spices and brown sugar.
- 3)** Stir in the juice and milk.
- 4)** Cook on high pressure for 6 minutes.
- 5)** Use the quick release and remove the rice from the cooker. Gently stir in the cherries.
- 6)** Serve hot, topped with more brown sugar, almonds and milk (if desired).

*Nutrition Facts: Serving size: 1/4 of a recipe (15.2 ounces). Calories: 591.53, Total Fat: 9.84 g, Cholesterol: 29.91 mg, Sodium: 255.66 mg, Potassium: 422.97 mg, Total Carbohydrates: 114.65 g, Protein: 11.95 g*