



Makes 5 cups
Preparation Time: 5 minutes
Cook Time: 15 minutes

INGREDIENTS:

4 cups cooked brown rice
½ cup chopped pitted dates
½ cup chopped dried apricots
1 large stick cinnamon
¼ teaspoon ground cloves
Sea salt, to taste

Sweet Congee with Dates and Apricots

A staple breakfast **food in China**, congee is a rice porridge that can be made either savory or sweet. In this satisfying recipe, the warming notes of cinnamon and clove are combined with tart dried apricots to create a morning meal packed with flavor. Dates lend natural sweetness to the dish, but you could easily substitute them for a drizzle of maple syrup instead. Congee is a delicious way to use up leftover **brown rice** and is an incredibly forgiving dish, so feel free to get creative with the spices and toppings! Pumpkin seeds, fresh fruit, or a swirl of nut butter are all excellent additions to fuel your day with the power of plants.

Tip: Look for unsulfured dried apricots to avoid sulfur dioxide, a preservative that can aggravate asthma and food sensitivities.

From *Forks Over Knives: The Cookbook*

For more vegan porridge recipes, check out these tasty ideas:

- [Golden Milk Millet Porridge](#)
- [Quick Brown Rice Congee](#)
- [Apple Overnight Oats](#)
- [Banana Split Oatmeal Bowls](#)

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- 1 In a large saucepan bring 2 cups water to boiling over medium. Stir in the first five ingredients (through cloves). Reduce heat to medium-low. Cook 15 minutes or until mixture thickens into a porridge. Remove cinnamon stick, season with salt, and serve hot.