



Wild rice has long, black whole grains with a nutty flavor and can be used in many ways.

How To Use It

Wild rice is great on its own but is often used in soups, casseroles, stuffing, or pilafs.

How To Store It

Store uncooked wild rice tightly sealed in a cool, clean, dry place. Once prepared, store in the refrigerator.

Why Eat It?

Wild rice is an excellent source of fiber. Dietary fiber may contribute to heart health and support healthy digestion, yet many individuals do not consume enough dietary fiber.

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Wild Rice Muffins

Makes 12 servings



Ingredients

- Cooking spray
- 1 ½ cup bakery mix
- ¼ cup sugar
- 2 teaspoons cinnamon
- 2 bananas, mashed
- ¾ cup milk
- ¼ cup applesauce
- 1 cup wild rice, cooked
- ¼ cup walnuts, chopped (optional)

Directions

Wash hands with soap and water.

1. Preheat the oven to 400 °F. Spray a 12-cup muffin pan with cooking spray.
2. In a medium bowl, mix bakery mix, sugar, and cinnamon.
3. In a separate bowl, mix bananas, milk, and applesauce.
4. Add banana mixture to dry mixture and stir.
5. Fold in wild rice and nuts.
6. Spoon ¼ cup of the batter into each muffin cup. Bake for 20–25 minutes.

*Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh initiative.*

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