Sweet Breakfast Couscous (Tunisian Mesfouf)

(This recipe yields 2 servings)

- 1 1/4 cups skim milk
- 1/2 cup uncooked couscous
- 1/4 cup dried cranberries
- 1/4 cup raisins (or chopped dates)
- 1/4 cup chopped walnuts
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- 2 teaspoons of butter or maple syrup (optional)

Bring milk to a simmer in a saucepan and then stir in the dry ingredients. Remove from heat, cover and let stand 10 minutes until thickened. Top with a teaspoon of butter or maple syrup if desired.