

Rice Pudding



Ingredients

Directions

1 ½ c.	Milk - 1%	<p>In a medium pot, combine milk, brown sugar, & egg. Stir until sugar is dissolved. Add rice, cinnamon, & nutmeg. Bring to a slow boil over medium heat, stirring continuously. Reduce heat to low. Continue cooking & stirring continuously for 10 mins. or until mixture is thick. Remove from heat. Stir in vanilla, and optional banana/fruit. Cover and let stand for a few minutes. Serve warm or cold.</p> <p>*Stir continuously to avoid scalding the milk. *Variations: add a grated apple or ½ cup of any dried fruit.</p>
¼ c.	Brown sugar	
1	Egg, beaten	
1 ½ c	Rice, cooked	
½ tsp.	Cinnamon	
¼ tsp.	Nutmeg, optional	
1 tsp.	Vanilla	
1	Banana, mashed, optional	

Prep Time: 2-3 mins. Cook Time: 15 mins. Makes: 2 ½ c. (5 ½ c. servings)

Nutrition Facts	
5 servings per container	
Serving size	1/2 c.
Amount Per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 50mg	2%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 5g	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Great source of Calcium!



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