

BEYOND HUNGER

RICE PUDDING

While rice pudding is an easy, fast, and cheap dessert, it can also offer great health benefits! Because its main ingredient is milk, it's a great source of calcium. If you're watching your sugar intake you can reduce the amount of sugar used. You may also enrich this delicious dessert with healthy fats and fiber by garnishing it with nuts (like walnuts) and dried fruits.

Yield: 4 servings

Serving Size: 1 bowl

Ingredients:

- 2 cups of **water**
- 1 cup uncooked **white rice**
- 2½ cups of **2% fat milk**
- 2 tbsp of **white granulated sugar**
- ½ tsp **salt**
- 1 tsp **cinnamon**
- Optional toppings include any variety of nuts, like walnuts, and dried fruits, like raisins, cherries, or apricots.

Instructions:

1. In a large saucepan soak the rice in the water for 30 minutes.
2. Bring the rice and water to a boil. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, about 20-25 minutes in total.
3. Add the milk, sugar, and salt and stir to combine. Simmer until it reaches a thick pudding consistency, about 20 minutes in total.
4. Pour into bowls and sprinkle with ground cinnamon. Top it with your favorite toppings.
5. Serve hot or cold.

Per Serving: Calories 189, Carbohydrates, 36g, Protein 6g, Saturated Fat 1g, Sodium 251 mg, Fiber 0 g, Sugars 9g

This recipe was adapted from <https://www.allrecipes.com/>.

