

# BEYOND HUNGER

## Rice Pudding

*Rice pudding may often be underrated, but it is so delicious and simple to make. More than that, it also offers some health benefits. Milk is a great source of calcium, cinnamon offers anti-inflammatory properties, and nuts are a good source of unsaturated fats, which are great in supporting your heart health!*

**Yields:** 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.

Adapted and modified from <https://www.allrecipes.com/>.