

Creamy Rice Pudding

A delicious way to use leftover cooked rice. Add more raisins if you like.

Makes 4 servings

Cost: \$0.20 per serving

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| 2 cups | cooked rice | 500 ml |
| 1 ½ cups | water | 375 ml |
| 1 cup | skim milk powder | 250 ml |
| ¼ cup | white sugar | 50 ml |
| ¼ cup | raisins | 50 ml |
| ½ tsp | ground cinnamon | 2 ml |
| ¼ tsp | salt | 1 ml |
| 1 ½ tsp | vanilla | 7 ml |
| | ground cinnamon | |

If you don't have 2 cups of leftover cooked rice, follow these directions:

For 2 cups (500 ml) cooked rice, put 1 cup (250 ml) rice, 2 cups (500 ml) water and 1 tsp (5 ml) salt into a medium saucepan. Turn on stove to high and heat to boiling. Turn heat to low, cover and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed.

1. Put rice, water, skim milk powder, sugar, raisins, cinnamon and salt into a medium saucepan. Mix well.
2. Turn stove on to low heat. Cook and stir until pudding is creamy. This will take about 20 minutes.
3. Stir in vanilla. Sprinkle with additional cinnamon. Serve warm.

Per serving: 278 calories

Calories from fat: 1%

Good source of: calcium

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