

Rice Pudding

Ingredients:

2 cups brown rice, cooked
 2 cups skim milk
 1/3 cup sugar
 1 tablespoon margarine
 1/2 teaspoon vanilla
 1/4 cup raisins
 Cinnamon

Equipment:

Medium sauce pan
 Measuring cups
 Measuring spoons
 Spatula

Number of Servings: 4
 Prep Time: 40 minutes
 Total Time: 40 minutes

Directions

1. Place cooked rice, milk, sugar, raisins, and margarine in saucepan.
2. Place saucepan over medium heat. Cook 25 to 30 minutes without cover or until thickened, stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour into serving dish. Sprinkle with cinnamon.
5. Refrigerate leftovers.

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
Calories 271	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 2mg	0%
Sodium 99mg	4%
Total Carbohydrate 53g	18%
Dietary Fiber 2g	5%
Protein 7g	14%
Vitamin A 8%	Vitamin C 3%
Iron 4%	Calcium 17%
*Percent Daily Values are based on a 2,000 calorie diet.	

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