

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: 400minutes

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.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

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.

TIP: Try reducing the sugar, replacing the sugar with honey, or using a sugar substitute to lower the calories.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.