

Yoko's Rice Pudding

What a way to start the day!

6, 1/2 cup servings

Ingredients:

- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla

Directions:

1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat and simmer, uncovered, until thickened (about 25 to 30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

Nutrition Facts: One-half cup provides 220 calories, 1.5g total fat, 5mg cholesterol, 60mg sodium, 44g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Yoko's Rice Pudding
Fruit cocktail
Low fat milk

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