

Rice Pudding

Delicious warm or cold!

8 - 1/2 cup servings

Ingredients:

- 1 cup long grain rice
- 2 1/2 cups water
- 3/4 cup sugar
- 1/2 to 1 teaspoon cinnamon
- 1 cup low fat milk
- 1/2 cup raisins

Directions:

1. In a heavy-bottomed saucepan, bring water to a boil. Add rice, stir and let water come to a boil again. **2.** Reduce the heat to very low, cover tightly, and cook 20 minutes without removing the lid or stirring rice. The water should be absorbed and the rice tender. **3.** Take pan off burner and add sugar, cinnamon, milk and raisins, mixing well. **4.** Preheat oven to 325 degrees. Pour rice mixture into a 2-quart baking dish that has been lightly coated with cooking spray. Bake for 30 minutes or until mixture is thickened. Tastes great warm or cold. Store leftovers in refrigerator.

Nutrition Facts: One 1/2 cup serving provides 200 calories, 0g total fat, 0mg cholesterol, 20mg sodium, 46g 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.

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K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Rice Pudding
Apple Juice

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