# **Rice Pudding**

6 servings

## Ingredients:

6 cups milk 1/2 cup sugar 1/2 teaspoon salt 1/2-3/4 cup white rice 2 teaspoons vanilla extract ground cinnamon to taste (optional)



# Directions:

1. In a large saucepan, combine 51/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat.

2. Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.

3. Stirring occasionally, cook for 50 to 60 minyogurt. If instant rice cook for 5-7 minutes or until **Nutrition Facts** thickened.

4. Once thickened, remove from heat and stir in vanilla. Let cook and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired.

Serving size 1/2 cup	o (284g)
Amount per serving Calories	240
% Da	ily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 16g Added Sugars	32%
Protein 10g	
	0.0/
Vitamin D 0mcg	0%
Calcium 305mg	25%
Iron Omg	0%
Potassium 473mg	10%

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1. In a large saucepan, combine 51/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat.

2. Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.

3. Stirring occasionally, cook for 50 to 60 minutes. Mixture should thicken up to consistency of yogurt. If instant rice cook for 5-7 minutes or until thickened.

4. Once thickened, remove from heat and stir in vanilla. Let cook and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired.

6 servings per container Serving size 1/2 cup (284g		
Amount per serving Calories	240	
	% Daily Value	
Total Fat 2.5g	3%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 10mg	3%	
Sodium 300mg	13%	
Total Carbohydrate	28g 10%	
Dietary Fiber 0g	0%	
Total Sugars 28g		
Includes 16g Add	ded Sugars 32%	
Protein 10g		
Vitamin D 0mcg	0%	
Calcium 305mg	25%	
Iron 0mg	0%	
Potassium 473mg	10%	
*The % Daily Value tells you serving of food contributes to day is used for general nutriti	a daily diet. 2,000 calories a	







This material is based up the Expanded Food a Nutrition Education Program (EFNEP), supporte by the National Institute of Food and Agricultu IS Department of Agriculture Any or **Research and Extension** tion are those of the or(s) and do not necessarily reflect the view e U.S. Department of Agriculture.



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