

RICE PUDDING

By: Kelly
Keene State College Dietetic Intern



Ingredients

- 2 Cups Cooked Rice
- 2 Cups Milk
- 3 Tablespoons Butter
- 1/3-1/2 Cup Sugar to Preference
- 1 Teaspoon Vanilla
- 1/2 Teaspoon Cinnamon (extra for sprinkling)

Directions

1. In a medium saucepan add all your ingredients and stir.
2. Bring to a low boil over medium heat and stir to prevent burning for about 15-20 minutes until thickened.
3. Serve hot or cold with a sprinkling of cinnamon or nutmeg.

Nutrition Fun Facts

Rice is a good source of carbohydrate, our body's primary preferred energy source. Milk is a good source of calcium and protein. Calcium helps your body with building strong bones and teeth, clotting blood, and keeping a normal heartbeat.