

Rice Pudding



Servings: 8

2 1/2 cups milk

3 large eggs

1/2 cup sugar

2 teaspoons vanilla extract

1 pinch salt

1 cup cooked rice

1/2 cup dried cranberries

ground cinnamon, for topping

Preheat oven to 350°F.

Pour the milk in a saucepan. Heat the milk over medium-low heat stirring continually for 4-5 minutes. When you notice steam and bubbles forming near the edge of the pan take the milk off the stove.

In a 9x9 inch casserole dish whisk together eggs, sugar, vanilla extract, and salt. Slowly add the milk whisking continually making sure not to scramble the eggs.

Add the cooked rice and dried cranberries. Mix to incorporate.

Sprinkle ground cinnamon on top of the pudding.

Place the casserole dish in a square pan and fill the square pan with 1-inch of hot water.

Bake the rice pudding for 70 minutes or until a knife inserted in the middle comes out clean. Remove the casserole dish from the water.

Serve the rice pudding warm or cold.

Enjoy!

Per Serving (excluding unknown items): 180 Calories; 4g Fat (21.9% calories from fat); 5g Protein; 30g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 79mg Sodium; 24g Total Sugars; trace Vitamin D; 99mg Calcium; trace Iron; 137mg Potassium; 107mg Phosphorus. Exchanges: .