

Rice Pudding

Preparation time **10 minutes**

Cooking time **45 minutes**

Servings **6**

Cost per serving **35¢**

Storage **4 days in the fridge.
Can't be frozen.**

Kitchen tools **Measuring cups and spoons,
medium-size pot, wooden spoon,
container suitable for the fridge,
plastic wrap.**



Ingredients



125 ml (½ cup)
rice



1 litre (4 cups)
milk



80 ml (⅓ cup)
sugar



5 ml (1 tsp)
vanilla

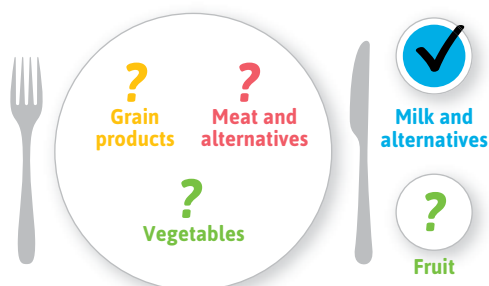


1 pinch of
ground cinnamon



1 pinch
of salt

Illustrations © Québec Amérique. All rights reserved (ikonet.com)

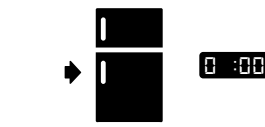
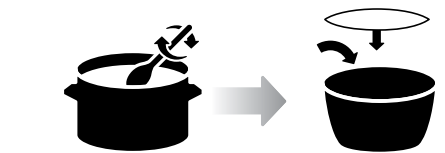
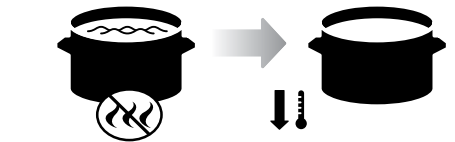
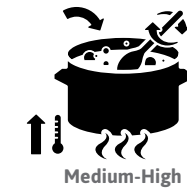


Balanced plate

✓ One serving of this pudding is a tasty way to add a portion of milk and alternatives to your menu.

Directions

- 1 Bring the **milk, rice, sugar, vanilla, cinnamon** and **salt** to a boil in a medium-size pot, stirring constantly.
- 2 Reduce heat and let simmer for about 35 minutes, or until the rice is cooked, stirring every 3 to 5 minutes. Be careful: milk boils over easily when heated. Make sure to keep a careful eye on the pot and remove from heat for a few seconds, if needed.
Variation: You can add raisins or any other dried fruit.
- 3 Turn off the heat and let cool.
- 4 Stir and pour into a container with a lid.
Tip: If you don't have a container with a lid, put plastic wrap right on the top of the pudding so it doesn't dry out.
- 5 Cool in fridge until the pudding is fully set (at least 2 hours) before serving.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition