

Rice Pudding

Makes 4 servings
Cook time: 40 minutes



INGREDIENTS

- 2/3 cup white rice, uncooked
- 1 cup water (warm)
- 1 teaspoon butter or margarine (optional - used in analysis)
- 1/2 cup dry milk, non-fat
- 2 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1 cup water
- 1/2 raisins (or other dried fruit)

DIRECTIONS

1. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook 10 more minutes.
3. Mix other ingredients together while rice is cooking.
4. While rice is still hot, remove cover and quickly stir milk-water-raisin mixture into rice. Cover loosely and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
5. Stir gently and put in individual serving dishes.
6. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

NOTES

A 9-10 year-old child can learn how to use measuring spoons and cups while helping make this recipe.

Nutrition info and more:

choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-rice-pudding



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