

RICE PUDDING

SERVES 6



3 Cups nonfat milk
1/2 Cup parboiled rice
1/2 Cup nonfat milk
4.5 oz. Liquid egg substitute
1/4 Cup sugar
2 t Vanilla extract
1/4 t Ground cinnamon
1/4 Cup raisins
1 T honey

Serving Size:	1/2 Cup
Calories:	200 Kcals
Fat:	1 gm
Protein:	9 gm
Carbohydrates:	36 gm
Sodium:	121 mg
Cholesterol:	3 mg

In a sauce pan, add rice and first measurement of milk to simmer. Reduce heat to low.

Cover and gently simmer about 1 1/2 hours, or until rice is very tender and liquid is almost absorbed, stirring occasionally.

In a bowl, whisk second measurement of milk, eggs, sugar, vanilla and cinnamon.

Add raisins to rice mixture. Gradually stir egg mixture into rice mixture. Stir constantly over low heat about 6 minutes or until mixture is just thickened. **Do not leave unattended during this stage.**

Transfer the pudding into a bowl and stir in the honey. Cool mixture and refrigerate until well chilled.



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