

# Cinnamon Rice Pudding

With Dried Fruit

- Warming for the heart and soul!
- Great way to use up leftover white or brown rice. (brown rice is more nutritious)
- Use boxed (UHT) milk or dry milk powder (mix dry with water before adding), a good source of low-fat protein and calcium.
- Try with dried raisins, cherries, cranberries or chopped apples or chopped canned pears.

## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup

**Amount Per Serving**

**Calories** **190**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 2.1g **11%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 85mg **4%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 2g **7%**

Total Sugars 19g

Includes 0g Added Sugars **0%**

**Protein** 6g **12%**

Vitamin D 3.34mcg **15%**

Calcium 224mg **15%**

Iron 0.36mg **2%**

Potassium 376mg **8%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Cinnamon Rice Pudding

Servings: 6      Cook time: 1 hour



## Ingredients:

- 1/4 c dry rice or 2/3 c leftover cooked rice
- 4 c box milk or 1 c dry milk powder mix w/ 4 c water
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/2 c dried raisins, cranberries or cherries, chopped apples or canned pears
- 2 Tablespoons sugar

Optional:

1/4 teaspoon nutmeg

Pinch of black pepper

## Directions:

1. If you are using dry rice, cook according to package directions. Continue once rice is cooked.
2. If using leftover rice, start here. Pour milk and rice into a sauce pan. Bring to a boil. Stir occasionally.
3. Once boiling, lower heat to simmer and add the fruit (raisins, dried cranberries, dried cherries or chopped apples) and cinnamon. Mix well.
4. Simmer for about 30 minutes, until milk has been absorbed and pudding is thick like oatmeal, but not solid.
5. Mix in sugar and vanilla. If using canned pears, add now and heat through for 2-3 minutes.
6. Remove from heat and serve warm.

Modified by: Kristen Elliott, RDN, LD

Inspired by: Carol at Helping Hands of Paulding County