

# Rice Pudding with Almonds and Cider Syrup

*Sarah Wharton  
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**Servings: 12**

*5 1/2 cups milk  
1 cup long-grain white rice  
2/3 cup sugar  
1/4 teaspoon salt  
1/2 teaspoon almond extract  
1/2 teaspoon ground cinnamon  
1/2 cup sliced almonds, toasted  
apple cider syrup (such as Stonewall Kitchen) OR dark honey (for drizzling)*

**Preparation Time: 5 minutes****Refrigerate: 4 hours**

In a three-quart, heavy-bottomed saucepan, stir the milk, rice, sugar and salt. Bring to a boil. Cover and simmer on low, stirring occasionally, for 20 minutes or until the rice is tender. Stir in the almond extract and cinnamon.

Transfer to a large container. Press plastic wrap directly onto the surface. Cool for 30 minutes.

Refrigerate for four hours or overnight.

Serve chilled or at room temperature. Top with almonds and the syrup or honey.

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Per Serving (excluding unknown items): 203 Calories; 7g Fat (30.6% calories from fat); 6g Protein; 30g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 101mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.