

Dessert

Rice Pudding

Arlene Borg - Grammy Guru

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1 1/2 cups cooked rice
4 cups milk (regular, low-fat or skim)
1 package (3 ounce) vanilla pudding (cook and serve style, not instant)
2 tablespoons sugar or sugar substitute
few shakes cinnamon
dash nutmeg
1/2 cup raisins
1 teaspoon vanilla

It is best to cook the rice pudding in a double-boiler. If you don't have one, be sure to use a flame tamer on regular stoves, or cook on a very low heat, keeping a close watch; it always seems to stick a little.

Place all of the ingredients except the raisins and vanilla in a saucepan. Cook stirring frequently until the mixture comes to a boil. Lower the heat to a simmer and cook, uncovered, until thickened, about 15 minutes.

Add the raisins and cook 10 minutes longer. Remove from the heat. Add the vanilla.

Serve warm or cold with a sprinkling of cinnamon and a dollop of cream.

Per Serving (excluding unknown items): 590 Calories; 1g Fat (1.7% calories from fat); 10g Protein; 136g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 5 Grain(Starch); 4 Fruit.