

RICE PUDDING



QUICK

5 mins prep time
1.5 hours
cooking time

HEALTHY

Dairy foods (milk) are a good source of Vitamin A, B6, B12,D, Calcium, Iodine, Phosphorus, Serotonin, Zinc and more. I don't have space to list the health benefits of all of those!

FAMILY

Feeds 8-10

MEALS

This rice pudding contains 1/2 added sugar of most rice puddings.
Delicious served with raspberries

INGREDIENTS

- 150g Short grain rice
- 50g maple syrup
- 1.2 litres milk

METHOD

- 1) Put the oven onto 140°C
- 2) Put the rice, maple syrup and milk into a large oven proof dish
- 3) Mix really well
- 4) Cook for 1.5 hours
- 5) Enjoy – Best eaten warm



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com