

## Yoko's Rice Pudding

6 servings, 1/2 cup each

- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla



1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat, simmer uncovered until thickened (about 25-30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

For variety, try:

- adding 1/2 cup raisins before cooking pudding
- serving with fresh or drained canned fruit
- sprinkling a bit of ground nutmeg on each serving

## Yoko's Rice Pudding

6 servings, 1/2 cup each

- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla



1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat, simmer uncovered until thickened (about 25-30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

For variety, try:

- adding 1/2 cup raisins before cooking pudding
- serving with fresh or drained canned fruit
- sprinkling a bit of ground nutmeg on each serving

## Yoko's Rice Pudding

6 servings, 1/2 cup each

- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla



1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat, simmer uncovered until thickened (about 25-30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

For variety, try:

- adding 1/2 cup raisins before cooking pudding
- serving with fresh or drained canned fruit
- sprinkling a bit of ground nutmeg on each serving

## Yoko's Rice Pudding

6 servings, 1/2 cup each

- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla



1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat, simmer uncovered until thickened (about 25-30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

For variety, try:

- adding 1/2 cup raisins before cooking pudding
- serving with fresh or drained canned fruit
- sprinkling a bit of ground nutmeg on each serving

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (218g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g 0%	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber less than 1 gram 3%	
Sugars 18g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (218g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g 0%	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber less than 1 gram 3%	
Sugars 18g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (218g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g 0%	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber less than 1 gram 3%	
Sugars 18g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (218g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g 0%	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber less than 1 gram 3%	
Sugars 18g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.