

Brown Rice Pudding

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Servings: 8

Preparation Time: 5 minutes

Cook time: 55 minutes

3/4 cup brown rice

1/2 cup sugar

2 tablespoons cornstarch

3 cups 2% milk

2/3 cup jumbo raisins

1/8 teaspoon ground cinnamon

1/8 teaspoon salt

pinch ground nutmeg

In a medium saucepan, bring two cups of water to a boil.

Add the rice and reduce the heat to medium-low. Cover and cook for 45 minutes. Remove to a bowl.

In the same saucepan, whisk the sugar and cornstarch.

Add the milk, stirring until smooth.

Stir in the cooked rice, raisins, cinnamon, salt and nutmeg.

Bring to a boil over medium-high heat.

Reduce the heat and simmer, stirring occasionally, for 10 minutes.

Let cool slightly before serving.

Yield: 8 1/2 cup servings

Per Serving (excluding unknown items): 166 Calories; 2g Fat (12.1% calories from fat); 4g Protein; 32g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 79mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.