

Rice Pudding

Makes: 6 Servings

This old-fashioned rice pudding has the sweet taste of raisins and cinnamon. Try this for breakfast with fruits or as a low-fat dessert.

Ingredients

2 1/2 cups 1% milk
2 1/4 cups long-grain white rice
1/4 cup raisins
1/4 teaspoon salt
1/4 cup brown (or white) sugar
1 teaspoon vanilla extract
1/4 teaspoon cinnamon



Directions

1. In a medium-sized pot, combine milk, rice, raisins, and salt.
2. Bring pot to a boil. Lower heat and cook for 15 minutes. Stir pot every 3 minutes.
3. Add sugar, vanilla extract, and cinnamon to pot. Mix well.
4. Cook over low heat for 5 minutes. Serve hot or refrigerate and serve cold.

Notes

Tip: Sprinkle more raisins on top of rice pudding just before serving.