



CREAMY RICE PUDDING

Ingredients (1 Serving)

- 1/2 cup whole grain brown rice
- 2 tablespoons sugar
- 2 1/3 cup skim, 1%, or 2% white milk, or unsweetened soy milk
- 1 teaspoon vanilla

Directions

- Cook rice, sugar and milk in double boiler until rice is tender.
- Remove from heat and let cool.
- Add vanilla.

Serves 4.

Variation: add frozen berries, toasted almonds or raisins to top.