Quick Rice Pudding

Source: Eat Right, Live Longer by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

This is a warm and satisfying dessert that's full of fiber and a great use for leftover cooked brown rice! Brown rice is an excellent source of protein, vitamins, and minerals.

About the Recipe

254 Calories · 5.7 g Protein · 1.8 g Fiber
Dessert

Ingredients

Makes 4 Servings

- 1 1/2 c (350 mL) low-fat nondairy milk
- 1 tsp (5 mL) cornstarch or arrowroot powder
- 2 c (390 g) cooked brown rice
- 4 tbsp (60 mL) maple syrup
- 1/3 c (53 g) raisins
- 1/4 tsp (1/2 mL) cinnamon
- 1 tsp (5 mL) vanilla extract
- 1/2 tsp (2.5 mL) almond extract

Directions

1. Pour soy or any low-fat, nondairy milk in a medium saucepan and add the cornstarch.
2. Add the rice, maple syrup, raisins, and cinnamon and cook over medium heat.
3. Cook for 3 minutes, then remove from heat and add vanilla and almond extracts.
4. Serve hot or cold.

Nutrition Facts

Per serving (1/4 recipe):

Calories: 254

Fat:

- Saturated Fat: 1.8 g
- Calories From Fat: 6.5%

Cholesterol: 0 mg

Protein: 5.7 g

Carbohydrate: 53.9 g

Sugar: 21.6 g

Fiber: 1.8 g

Sodium: 57 mg

Calcium: 142 mg

Iron: 2.4 mg

Vitamin C: 0.6 mg

Beta-Carotene: 1 mcg

Vitamin E: 1.3 mg