

Spiced Vanilla Rice Pudding

Source: Spork Foods

A warm dessert that's packed with flavorful spices!

About the Recipe

324 Calories · 4 g Protein · 3 g Fiber

Dessert

Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1 cup Arborio rice
- 1/2 tsp. or 1 tsp. vanilla extract nondairy vanilla powder
- 2 cinnamon sticks
- 2 slices (1 inch thick) lemon peel
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1/4 teaspoon ground cloves
- 1 3/4 cups unsweetened rice milk
- 1/2 cup evaporated cane sugar
- 1/8 teaspoon sea salt
- 1/4 cup raisins or currants, plus 2 tablespoons for garnish
- 1 tablespoon cinnamon sugar, for topping **optional*

Directions

1. Add water to a large pot and bring to a simmer. Add rice and stir gently. Add vanilla bean, cinnamon sticks, lemon peel, and ground cloves to rice. Cook at a simmer over low heat until rice is tender and liquid is almost absorbed, about 12 minutes.
2. Stir in rice milk, sugar, sea salt, and raisins or currants. Cook for an additional 8-10 minutes uncovered, stirring frequently.
3. Remove from heat and stir in lemon juice. Scoop into serving dishes. Top with cinnamon sugar, if using, and additional raisins or currants, and lemon zest. Serve warm or chilled.

Nutrition Facts

Per serving:

Calories: 324

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 5%

Cholesterol: 0 mg

Protein: 4 g

Carbohydrate: 73 g

Sugar: 27 g

Fiber: 3 g

Sodium: 141 mg

Calcium: 113 mg

Iron: 2 mg

Vitamin C: 5 mg

Beta-Carotene: 1 mcg

Vitamin E: 1 mg