Quick Rice Pudding

This is a warm and satisfying dessert that's full of fiber.

About the Recipe

254 Calories · 5.7 Protein · 1.8 Fiber
Dessert

Brown rice is an excellent source of soluble fiber, protein, vitamins, and minerals.

Ingredients

Makes 4 Servings

- plain or vanilla soy milk (1 1/2 cups)
- cornstarch or arrowroot powder (1 tsp.)
- cooked brown rice (2 cups)
- maple syrup (1/4 cup)
- raisins (1/3 cup)
- cinnamon (1/4 tsp.)
- vanilla extract (1 tsp.)
- almond extract (1/2 tsp.)

Directions

1. Pour soy milk into a medium saucepan and add the cornstarch or arrowroot powder. Add the rice, maple syrup, raisins, and cinnamon, and cook over medium heat.
2. Cook for 3 minutes, then remove from heat and add vanilla and almond extracts. Serve hot or cold.

Nutrition Facts
Per serving

Calories: 254
  Saturated Fat: 1.8 g
  Calories from Fat: 6.5%

Cholesterol: 0 mg
Protein: 5.7 g

Carbohydrates: 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