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. Brown rice is also 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

- 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 in a medium saucepan and add the cornstarch or arrowroot powder.
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  
**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