

Creamy Rice Pudding on the Hob

Serves 10

Ingredients	
50g pudding rice	1 tbsp (15g) sugar
1 pint whole milk	50g raisins

- METHOD:
- Place all the ingredients in a saucepan and gently bring to the boil, stirring all the time.
- Simmer for 15-20 minutes until the rice is thick and creamy
- Serve immediately



✓ COOK'S TIP: FOR DAIRY FREE DIETS, USE SOYA MILK

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
75	2.4	2.3	11	3.3	0.1	0.3	70