

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Quick and Creamy Brown Rice Pudding
Makes 4 (1/2 cup) servings

Ingredients:

1 cup Instant brown rice
1 ½ cup fat-free or 1% milk, almond milk, or coconut milk
¼ cup sugar **or** 2 tablespoons Splenda® Sugar Blend
1 teaspoon vanilla
1 teaspoon cinnamon
½ cup raisins (optional)

Directions:

1. In a medium sauce pan, cook rice according to package directions.
2. Add to the cooked rice the remaining ingredients. Bring to a boil; reduce heat and simmer 20 minutes, stirring frequently.
3. Serve warm with additional cinnamon for garnish.

Nutritional Information per serving:

Calories: 125	Carbohydrates: 24g
Total Fat: 2g	Cholesterol: 1mg
Saturated Fat: 1g	Dietary Fiber: 2g
Sodium: 90mg	Protein: 2g