

# Rice Pudding



**Makes:** 4 servings

**Cook Time:** 40 minutes

Enjoy this classic rice pudding recipe that uses cinnamon and raisins, or any other favorite dried fruit, to make a wholesome dessert that has just the right amount of sweetness.

## Ingredients

- 2/3 cup uncooked white rice
- 3 cups warm water, divided
- 1 teaspoon butter or margarine
- 1/2 cup non-fat dry milk
- 2 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 cup raisins (or other dried fruit)

## Directions

1. Wash hands with soap and water.
2. Combine rice, 2 cups of water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.

3. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes.
4. Mix dry milk, sugar, vanilla, cinnamon, 1 cup water, and raisins together while rice is cooking.
5. Without allowing rice to cool, remove cover and quickly stir the dry milk mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
6. Stir gently and put in individual serving dishes.
7. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

## Notes

A 9-10 year-old child can learn how to use measuring spoons and cups while helping make this recipe.

Source:

*Simply Good Eating Recipe Cards, Vol. 1, 2000, Adapted from Easy Rice Pudding*

University of Minnesota Cooperative Extension Service

# Nutrition Information

Serving Size: 2/3 cup, 1/4 of recipe

Nutrients	Amount
Total Calories	237
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	57 mg
Carbohydrates	51 g
Dietary Fiber	1 g
Total Sugars	22 g
Added Sugars included	6 g
Protein	6 g
Vitamin D	1 mcg
Calcium	132 mg
Iron	1 mg
Potassium	315 mg

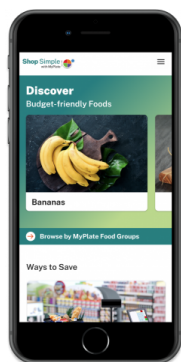
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

# MyPlate Food Groups



- Fruits1/4 cups
- Grains1 ounces
- Dairy1/4 cups



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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