

# Rice Pudding

*Makes 4 Servings, about 1/4 cup each,  
plus 4 servings for another meal or snack*

Preparation Time: 15 minutes

Cooking Time: 40 minutes

## Ingredients

- 1 cup whole milk
- 1 cup water
- 1 cup rice, uncooked
- 2 eggs
- 1 cup evaporated milk
- 1 tsp. vanilla
- 1/4 cup sugar
- 1/8 tsp. ground cinnamon

## Directions

1. In a saucepan, heat the milk and water.
2. Add the rice, bring to a boil, lower heat to simmer; stir mixture every 10 minutes.  
Cook uncovered until rice is tender, about 30 minutes.
3. In a large bowl, mix eggs, 3/4 cup of the evaporated milk, vanilla and sugar.  
Set aside.
4. Add the remaining 1/4 cup of evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

## Nutrition Content Per Serving:

Calories: 190

Total Fat: 5 g

Saturated Fat: 3 g

Cholesterol: 67 mg

Sodium: 66 mg

