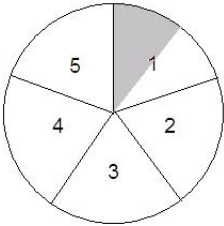



Quick Creamy Rice Pudding

Serves 4

Portions of fruit & vegetables per serving: $\frac{1}{2}$



Hob needed



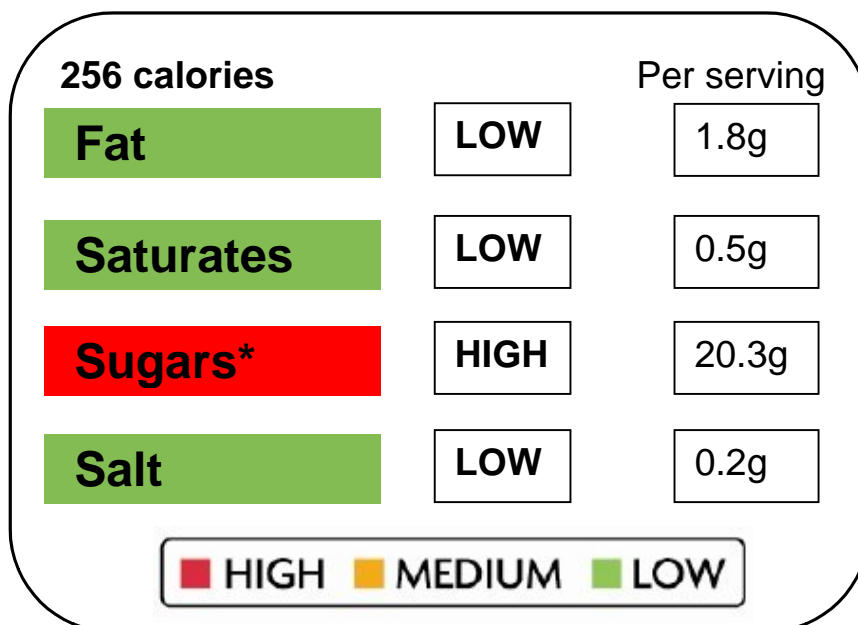
Ingredients	Amount	Preparation
rice	165g (6oz)	
skimmed milk	450ml (16fl oz)	
sugar	2 teaspoons	
strawberries - fresh, frozen or canned	200g (7oz)	sliced if fresh
canned peaches in juice	1 tin (400g)	drained and sliced
water	3 tablespoons	
vanilla essence (optional)	$\frac{1}{2}$ teaspoon	

Please Turn Over



Method

- 1 In a small saucepan mix together the rice, milk and sugar. Bring to the boil then reduce the heat and simmer until thickened, stirring frequently (about 20 minutes).
- 2 Meanwhile, put the fruit in a small saucepan with the water and simmer over a medium heat for 5 minutes until soft, but still holding their shape.
- 3 Add the vanilla essence to the rice mixture and stir well.
- 4 To serve, layer the rice mixture and fruit mixtures in individual bowls.
- 5 Serve hot or cold.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Eat for breakfast for a steady supply of energy throughout the morning.
- Try different fruit combinations, fresh, frozen, tinned and dried all work well.
- Any rice can be used - basmati, brown, white or pudding rice.
- This is a great way to use up cooked rice.

