

## **Creamy brown rice pudding**



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

### **About this recipe**

Serves

6

Serving size

1/6 of prepared recipe

Time to make

10 minutes preparation

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 2 cups brown rice, cooked
- 2 cups 1% or skim milk
- 1 ounce package sugar-free vanilla pudding or 3.4 ounce package instant\* vanilla pudding
- 1 teaspoon cinnamon
- Optional: 2 tablespoons raisins or dried cranberries

\*This was used for the nutritional analysis.

# Directions

1. In a medium bowl, stir the rice, milk, and pudding mix together.
2. Stir in cinnamon.
3. Add raisins or dried cranberries, if desired.
4. Chill and serve when pudding is firm.

# Tips and variations

- To cook the brown rice, follow the package directions or see Wild and brown rice: [www.z.umn.edu/31as](http://www.z.umn.edu/31as).
- This pudding is also tasty topped with chopped fresh fruit, such as apples, pears, apricots, peaches, or cherries. Canned fruit or thawed frozen fruit can be substituted for the fresh.
- Brown rice is the healthier alternative to white rice as it is a whole grain. Cooked brown rice can be substituted for cooked white rice in any recipe.

# Nutritional info

Calories

159

Total fat

0.6 g

Saturated fat

0.2 g

Cholesterol

1.6 mg

Sodium

260 mg

Total carbohydrates

34.4 g

Dietary fiber

1.4 g

Protein

4.3 g

Total sugar

16.6 g

Allergens

Dairy

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