

## Rice pudding - Feeds 2



### Ingredients



2 cups of light milk



¼ cup of rice

1 tablespoon of sultanas



1 teaspoon of sugar

### Equipment



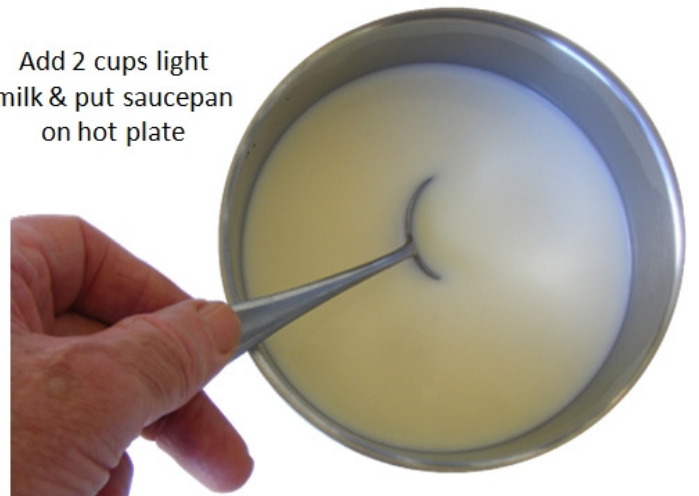
1

Put ¼ cup of rice and 1 teaspoon of sugar & 1 tablespoon of sugar in saucepan



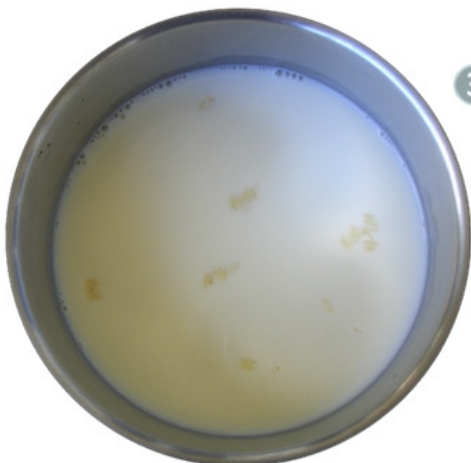
2

Add 2 cups light milk & put saucepan on hot plate



3

Bring to the boil



4

Turn down heat and cook for about 25 minutes. Remember to keep stirring



5 Serve



6 You can add nuts like blanched almonds (Optional)



7 You can also serve with fruit (Optional)



Good food plate



Serves in 2 bowls of rice pudding



3 serves of milk



1 serve of cereal



1/2 serve dried fruit



1 of the 6 spoons of sugar allowed each day

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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