

Rice pudding - Feeds 2



Ingredients



2 cups of light milk



¼ cup of rice

1 tablespoon of sultanas



1 teaspoon of sugar

Equipment



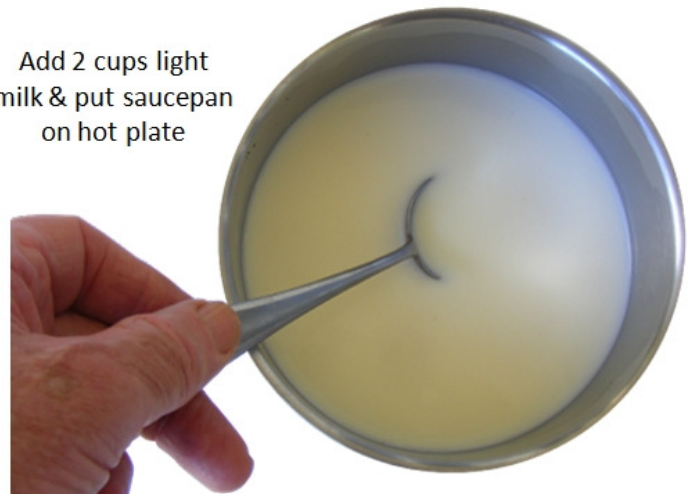
1

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



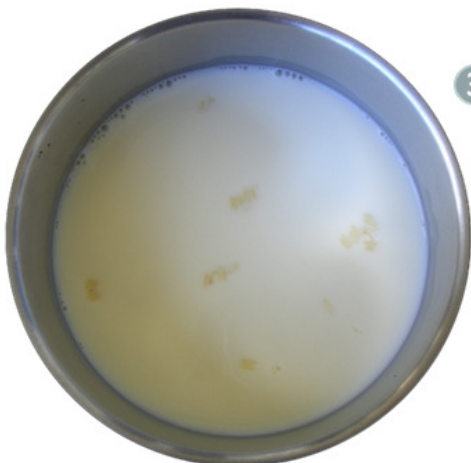
2

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



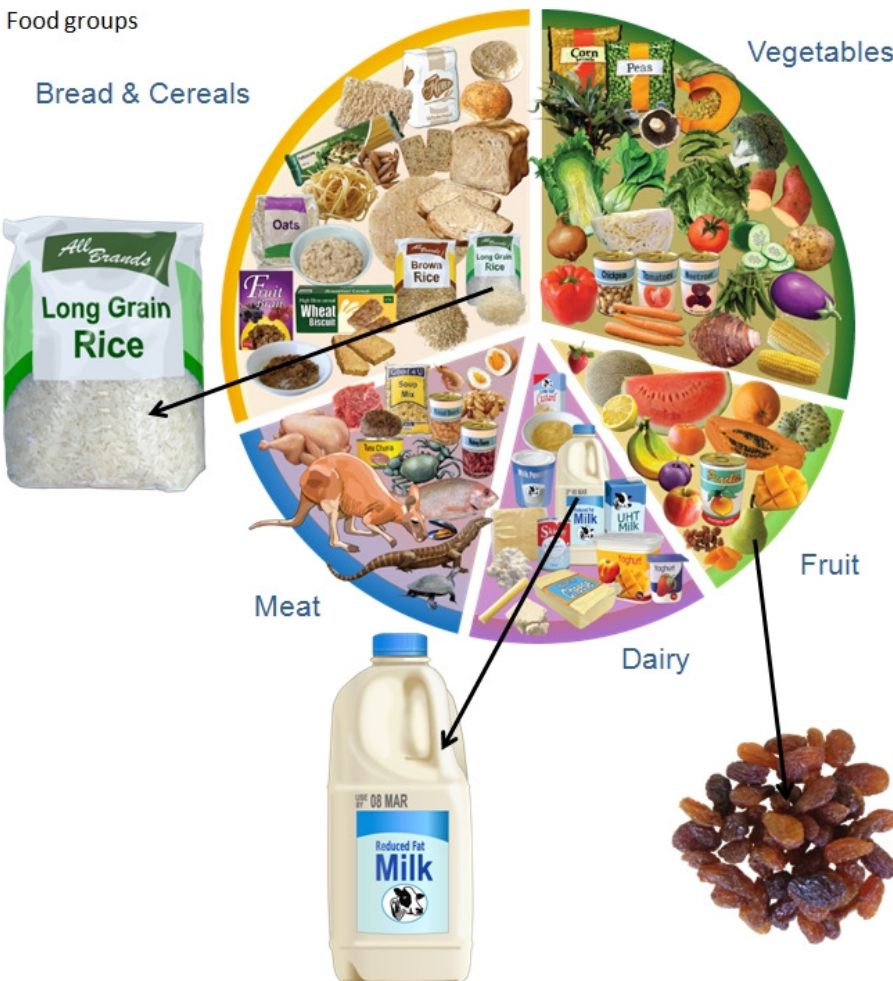
6 You can add nuts like blanched almonds (Optional)



7 You can also serve with fruit (Optional)



Food groups



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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