

# CRAISIN RICE PUDDING

**SERVING SIZE: 5-7**

**ESTIMATE COST: \$5.80**

**COST PER SERVING: \$1.10**

**EQUIPMENT:** Pot, measuring spoons, stove, baking dish.

## INGREDIENTS:

- 3 cups white rice, rinsed
- 5 cups water
- ½ cup milk (e.g. dairy, nut, oat)
- 2 tbsp butter (optional)
- ¼ cup sweetener (e.g. brown sugar, agave syrup, honey)
- 3 tsp pumpkin pie spice or:
  - 1 tsp nutmeg, ground
  - 2 tsp cinnamon powder
  - 1 pinch cardamom
  - 1 tsp ginger, ground
- 1 cup raisins (or cranberries, golden raisins)

## PREPARATION:

1. Preheat the oven to 350°F.
2. In a medium pot, over medium heat, boil water. Add rice and water and cook for 5 minutes. Turn the heat off.
3. Add milk, butter (optional), and sweetener to rice, mix, and cover. Let stand for 3-5 minutes.
4. Add spices and raisins to the rice. Mix well.
5. Pour rice into the baking dish and bake for 15 minutes, until the top is lightly golden brown.
6. Serve in a bowl topped with sliced almonds, for a snack or treat. Enjoy!



## Nutrition Facts

<b>Serving Size</b>	<b>1 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>279.7</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	5.7 g	7 %
Saturated Fat	3.5 g	18 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	12.2 mg	4 %
<b>Sodium</b>	44.4 mg	2 %
<b>Total Carbohydrate</b>	54.8 g	20 %
Dietary Fiber	3.2 g	11 %
Total Sugars	23.3 g	
Added Sugars	21.7 g	43 %
<b>Protein</b>	2.9 g	
Vitamin D	0.3 mcg	1 %
Calcium	41.3 mg	3 %
Iron	1.4 mg	8 %
Potassium	68.1 mg	1 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.