

# Rice Pudding



*Makes 5 servings | Serving Size 1 cup | .5 g protein per serving or 21 mg PHE*

## Ingredients:

- 168 g Low Protein Rice, about 1 cup
- 3 c Rice milk, divided
- 1/2 tsp Salt
- 1/2 tsp Cinnamon
- 1/4 c Brown Sugar
- 1/2 tsp Vanilla Extract
- 1/4 tsp Ground nutmeg

## Directions:

1. Bring 2 cups of rice milk (or any non-dairy milk) to a simmer over medium heat. Whisk occasionally to prevent the milk from scorching.
2. Add the low-protein rice, salt, cinnamon, sugar, and vanilla. Stir to combine and dissolve the sugar. Allow to cook, stirring frequently to prevent burning. Add more rice milk as the rice begins to thicken as needed. Cook until rice is soft (about 30-40 minutes.) Allow to set for 5 minutes before serving to thicken. Sprinkle with nutmeg and serve warm.