




# Rice and Raisin Pudding

- Ingredients:**
- 2 cups milk made from nonfat dry milk powder
  - ¼ teaspoon cinnamon
  - 1 tablespoon cornstarch
  - 2 cups rice, cooked according to package directions
  - 6 teaspoons sugar
  - 2 teaspoons vanilla extract
  - ¼ cup raisins



**Shopping List:**

- nonfat dry milk powder
- ground cinnamon
- cornstarch
- rice
- sugar
- vanilla extract
- raisins

- Equipment:**
- measuring cup and spoons
  - medium saucepan
  - mixing spoon
  - shallow bowl
- 

**Directions:**

1. In a medium saucepan, combine milk and ¼ teaspoon cinnamon.
2. Mix a few tablespoons of the milk into the cornstarch in a small bowl, stirring to dissolve cornstarch. Add to saucepan.
3. Add rice to saucepan.
4. Heat over medium heat, stirring constantly, until mixture comes to a boil.
5. Continue to cook and stir for 1 minute.
6. Remove from heat.
7. Stir in sugar, vanilla, and raisins.
8. Pour mixture into a shallow bowl.
9. Sprinkle with some more cinnamon if desired.
10. Chill.

This recipe takes 30 minutes plus chilling time. Makes 4 servings at about \$0.50 per serving.



**Nutrition Notes:**

Flour is a main ingredient in most breads and baked goods. Wheat flours have different amounts of protein. The three main types of wheat flour are whole wheat, all-purpose, and self-rising.

**Self-rising flour:**

1. is enriched with B-vitamins and iron
2. has baking soda and salt already added
3. used for baking things biscuits, muffins or cookies
4. has about 9-11% protein
5. can be stored at room temperature for up to 6 months

**Nutrition Facts**

Serving Size 1 cup  
 Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber less than 1 gram	<b>3%</b>
Sugars 18g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 2%
Calcium 15%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4