

Snack | Dessert

# **Traditional Rice Pudding**

**Side Effect: Trouble Swallowing** 

**5 Mins Prep Time**  50 Mins **Cook Time** 

**Servings** 

291 Calories

8g Fat 48g Carbs

9g Protein



# **Ingredients**

6 Servings

55 Mins Total Time

**Allergens: Dairy** 

6 Cups Pasteurized Whole Milk, divided

1/2 Cup White Sugar

1/2 Tsp Salt

1/2 Cup Long Grain White Rice

2 Tsp Vanilla

Cinnamon, to garnish

**Allergen Swap** 

Dairy Replace milk with a non-dairy milk alternative

# **Nourishment Note**



## Rice Pudding

Moist, soft foods, like rice pudding, are often easier to chew and swallow, making them a good choice when dealing with mouth sores or swallowing problems.



# **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Mix Ingredients

In a sauce pan, mix 5  $\frac{1}{2}$  cups milk, sugar, and salt. Bring milk mixture to a boil over medium-high heat.

#### 3. Add Rice

Add the rice and reduce heat to low. Bring the mixture to a gentle simmer.

#### 4. Simmer Mixture

Simmer the mixture until thickened, about 50 minutes, stirring occasionally.

#### 5. Stir in Vanilla

Once thickened, remove from heat and stir in the vanilla.

## 6. Allow to Cool

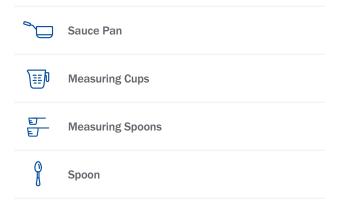
Allow pudding to cool in the refrigerator. Add the remaining  $\frac{1}{2}$  cup milk, or more if you prefer, right before serving. Sprinkle liberally with cinnamon. Enjoy!

## 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: spicysouthernkitchen.com

# What You'll Need



## **Fatigue Buster**

 Cover and store in the fridge for up to 3 days for a quick and easy snack.