



Taste What's Cooking

Cinnamon-Raisin Walnut Rice Pudding

Preparation Time: 5 minutes

Cook Time: 10 minutes

Makes: about 8 (1/2 -cup) services

Ingredients

- 3 large egg whites
- 1 large egg
- ½ cup granulated no calorie sweetener (such as sucralose) or 9 packets sucralose no calorie sweetener
- 2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 teaspoons vanilla extract
- 3 ½ cups cooked brown rice (1-cup dry), warm
- 8 ounces Real Goodness 0%, Lactose Free Milk
- 1/3 cup raisins
- 1 slice lemon peel
- ¼ cup walnuts, crushed

Directions

1. In a small bowl, BEAT egg whites, egg, granulated no calorie sweetener, cinnamon, nutmeg and vanilla extract.
2. In a medium saucepan, COMBINE brown rice, egg mixture, milk, raisins and lemon peel.
3. COOK over medium-low heat, STIRRING constantly; 10 minutes or until thickened.
4. REMOVE saucepan from heat and DISCARD lemon peel.
5. ADD walnuts to a hot sauté pan and toast the walnuts until golden brown, shaking the pan regularly to color them evenly and accentuate their nutty flavor.
6. STIR walnuts into rice pudding and serve warm or at room temperature.

Garnish: Top rice pudding with a cinnamon stick.

Nutrition Facts:

171 Calories; 4 grams Fat; 0 grams Saturated Fat; 27mg Cholesterol; 36mg Sodium; 28 grams Carbohydrate; 2 grams Dietary Fiber; 7 grams Protein