

Creamy brown rice pudding



Recipe credit

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About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

10 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 2 cups brown rice, cooked
- 2 cups 1% or skim milk
- 1 ounce package sugar-free vanilla pudding or 3.4 ounce package instant* vanilla pudding
- 1 teaspoon cinnamon
- Optional: 2 tablespoons raisins or dried cranberries

*This was used for the nutritional analysis.

Directions

1. In a medium bowl, stir the rice, milk, and pudding mix together.
2. Stir in cinnamon.
3. Add raisins or dried cranberries, if desired.
4. Chill and serve when pudding is firm.

Tips and variations

- To cook the brown rice, follow the package directions or see Wild and brown rice: www.z.umn.edu/31as.
- This pudding is also tasty topped with chopped fresh fruit, such as apples, pears, apricots, peaches, or cherries. Canned fruit or thawed frozen fruit can be substituted for the fresh.
- Brown rice is the healthier alternative to white rice as it is a whole grain. Cooked brown rice can be substituted for cooked white rice in any recipe.

Nutritional info

Calories

159

Total fat

0.6 g

Saturated fat

0.2 g

Cholesterol

1.6 mg

Sodium

260 mg

Total carbohydrates

34.4 g

Dietary fiber

1.4 g

Protein

4.3 g

Total sugar

16.6 g

Allergens

Dairy

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