

Almond Rice Pudding

This recipe is a good source of calcium which keeps bones and teeth strong.

Ingredients:

- 3 cups **almond milk**
- 1 cup **white rice**
- 1/4 cup **sugar**
- 1 teaspoon **vanilla**
- 1/4 teaspoon **almond extract**
- Cinnamon** to taste
- 1/4 cup toasted **almonds**, optional

Directions:

1. Combine almond milk and rice in a medium saucepan, bring to a boil.
2. Simmer for 1/2 hour with the lid on until the rice is soft.
3. Add the sugar, vanilla, almond extract and cinnamon.
4. Sprinkle toasted almonds on top and serve warm.
5. Refrigerate leftovers within 2-3 hours.

Tips:

- Try brown rice for more fiber.
- Add an extra cup of almond milk for a creamier texture.

Bright Ideas:

Nutrition Facts	
Serving Size 1/2 cup (155g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 4%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: OSU Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>

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