

Almond Rice Pudding



Prep time:
5 min



Cook time:
30 min



Yield:
6 Servings



Serving
Size:
1/2 Cup

This Kid Approved recipe is a great healthy dessert with calcium, whole grains, and protein. Fruit can be added as a topping to add sweetness.

Ingredients

3 cups almond milk
1 cup white or brown rice, uncooked
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 2-3 quart saucepan, and bring to a boil.
2. Reduce heat and simmer for 1/2 hour with the lid on until the rice is soft.
3. Add sugar, vanilla, almond extract and cinnamon. Stir and serve warm.
4. Refrigerate leftovers within 2 hours.

Notes

- Add your favorite berries to the top for some color and a yummy taste!
- Add an extra cup of almond milk for a creamier texture.
- No almond milk? Use non-fat or 1% milk and 1½ teaspoons almond extract.