

Creamed Rice / Rice Pudding



Serves	6
Prep time	15 minutes
Cook time	45 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 cup arborio rice
- 1 tablespoon maple syrup
- 4 cups rice milk
- 1/2 teaspoon vanilla essence
- 1 teaspoon cinnamon (optional)

Directions

1. In a medium sized saucepan combine the maple syrup, cinnamon (if using), vanilla and milk and bring to the boil over high heat.
2. Add the rice and reduce to low heat. Cook the rice for about 45 minutes, or until the rice is soft, stirring regularly to prevent it sticking.
3. Serve warm on its own, or with fresh fruit.



4. To serve cold, and for something different, the rice can be poured into 6 small plastic moulds and put in the fridge for about 3 hours. When ready to serve, tip the puddings out of the moulds onto a plate or bowl

Note

Low Chemical / Failsafe

If a small amount of salicylates can be tolerated, or for a salicylate challenge, include the cinnamon. Alternatively, if cooking for different dietary requirements, cinnamon can be sprinkled on top before serving.