



# Low FODMAP Rice Pudding

Serves: 4

Prep: 5 minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
Lactose-free milk	1000 g	35.3 oz
Rice (arborio, white or basmati)	100 g	3.5 oz
1 tbsp sugar	20 g	0.7 oz
Topping suggestions; Ground cinnamon, walnuts, maple syrup, grated dark chocolate, blueberries, strawberries, banana, passionfruit...		

## Method

1. Pour milk into a medium-large sized saucepan.
2. Place saucepan onto a stove top and allow lactose-free milk to almost reach boiling point. Then reduce the heat, add in the rice and allow to simmer.
3. Add in 1 Tbsp of raw sugar to the milk-rice mixture and stir through. Continue stirring frequently for approximately 20 minutes until the rice is tender and the mixture has thickened to your liking. If mixture is too thick you can add more milk. If mixture is too runny continue cooking – it will thicken up.
4. Keep stirring frequently so that the milk doesn't burn and to avoid rice pudding sticking to the bottom.
5. Once cooked, remove rice pudding from saucepan.
6. Serve it hot or cold with your choice of toppings such as cinnamon, grated dark chocolate, maple syrup, blueberries and strawberries, banana and passionfruit, or add some orange or lemon zest during cooking for a citrus version

## Hints

- You can add a cinnamon stick into the milk and rice mix while cooking and remove it before serving for more of a cinnamon flavour.
- If you don't serve the rice pudding immediately it will form a crust layer on top – but you can stop this by cooling the mixture right away. Place the rice pudding into a bowl, then sit the bowl inside another bowl of ice. Stir the mixture until it's cooled. Serve cold immediately, or place in the fridge for later.
- For a citrus version add some orange or lemon zest during cooking.
- Refrigerate within 2 hrs of cooking and this dish will keep in the fridge for 3 days.

Nutrition Information (per serve)	
Energy	1155 Kj / 276 cal
Protein	10.00g
Carbohydrates	40.20g
Sugar	20.50g
Total Fat	9.00g
Saturated Fat	5.50g
Fibre	0.10g