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## HOME-MADE RICE PUDDING

This traditional milk-pudding tastes great served either hot or cold.

Serves 4

Per serving 130 kcal, 1.7% fat

Preparation time 5 minutes

Cooking time 2½ hours

## INGREDIENTS

1 pt (500ml) semi-skimmed milk

25g pudding rice

50g sugar

pinch of nutmeg (optional)

Blueberries to serve (optional)

## METHOD

1. Stir the milk, rice and sugar together in an ovenproof dish. Sprinkle the nutmeg.
2. Cook in the oven for 2 - 2½ hours at 150°C, 300°F, or Gas Mark 2.
3. If the pudding is still sloppy 30 - 40 minutes before it is to be eaten, raise the oven temperature to 160°C, 325°F, Gas Mark 3.
4. Serve hot or cold. If you intend to serve cold, remove from the oven while still very moist as it will become stiffer and drier when cool. Spoon into serving bowls and sprinkle with further nutmeg, or a few blueberries, as desired.



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