

Slow Cooked Rice Pudding



To serve

Serves: 6

Preparation time:
15 mins

Cook time:
2.5 hours

You will need:

- 1 tablespoon butter
- 1l semi-skimmed milk
- 200g wholegrain rice
- Nutmeg or cinnamon
- Dried, frozen or tinned fruit

Method:

- Butter the slow cooker all over the base and half way up the sides.
- Heat the milk to simmering point.
- Mix the pudding rice with the milk and pour it into the slow cooker.
- Add a grating of nutmeg or cinnamon.
- Cook for 2½ hours on High and stir once or twice if you can.
- Serve with tinned, dried or frozen fruit and enjoy

Please be aware that this recipe may contain allergens. Please double check the labels carefully.