

## Creamed Rice

### Ingredients

1L milk, reduced fat  
¼ cup sugar or apple puree  
1 tbsp cinnamon  
1 tsp vanilla essence  
½ cup Arborio rice  
Extra cinnamon, to serve  
Fresh fruit, to serve



### **Optional:**

1 cup sultanas or mixed nuts/seeds  
Honey or golden syrup, to serve

### Method

1. Rinse uncooked rice under running water in a sieve (this rinses starch off).
2. Pour milk, cinnamon, and sugar (or pureed fruit) into a medium saucepan and bring to boil, stir occasionally.
3. Keep on medium heat so that the milk doesn't burn base of pan. Add rice and once boiling, reduce to slow boil until rice is cooked (about 20 minutes). Stir frequently to avoid burning.
4. Add vanilla essence and more milk if mixture gets too thick.
5. Option here to mix in sultanas or mixed nuts/seeds if desired. Remove from heat once desired thickness achieved.
6. Served warm or cooled. Top with cinnamon and fresh berries, or other fruit of your choice.
7. For caramelised (i.e. stewed) fruit, sauté in frypan with honey or golden syrup until lightly browned, if desired.