

Banana Rice Pudding



Ingredients

1. 1 ¹/₂ cups brown rice, cooked
2. 1 cup nonfat milk
3. 1 medium banana, cut in slices
4. 1 can fruit (15-ounce can), cut in slices
5. 1/4 cup water
6. 2 tablespoons honey
7. 1 teaspoon pure vanilla extract
8. 1/2 teaspoon ground cinnamon
9. 1/2 teaspoon ground nutmeg

Method

1. In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon, and nutmeg. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy.
2. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes.
3. Serve warm.