

LiveWell

Healthy slow cooker purple rice pudding

Yield: 8 servings



Ingredients:

Vegetable oil cooking spray
1 cup uncooked purple or black forbidden rice, rinsed
4 cups milk, 1% milkfat
1/4 cup raisins
1/4 cup packed brown sugar
2 teaspoons vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 cup assorted fresh berries

Directions:

1. Spray slow cooker insert with cooking spray.
2. Combine rice, milk, raisins, brown sugar, vanilla extract, cinnamon, ginger, and nutmeg in the cooker.
3. Cook on medium to high heat for 3-4 hours. Stir once per hour and cook until pudding is as thick as you prefer.

Nutrition information per serving:

Calories: 193	Cholesterol: 6 mg	Fiber: 1.5 grams	Food exchanges:
Fat: 3 grams	Sodium: 59 mg	Protein: 6 grams	2 carbohydrate
Saturated fat: 1 gram	Carbohydrates: 35 grams		

For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com