



RICE PUDDING

A creamy, often well-tolerated, high-calorie pudding that works as a great dessert for those needing to add protein and calories to their daily intake. For those requiring a lower fat alternative, reduced-fat milk may be substituted. Non-dairy, lactose-free options like soy, rice, or almond milk can work as well. **Yield: 4 servings**

INGREDIENTS:

- 2 cups of whole milk, reduced-fat milk, or non-dairy alternative
- ½ cup of sugar
- ¾ cups of long grain white or brown rice
- ¼ tsp. salt
- 1 egg (beaten)
- ½ tsp. vanilla extract
- ¼ cup dried fruit of your choice (optional)
- Cinnamon or nutmeg for sprinkling on top (optional)
- Tip: for extra cinnamon flavor, boil rice with a cinnamon stick added to the water

DIRECTIONS:

1. First rinse uncooked rice with cold water.
2. Bring 1 ½ cups of water to a boil.
3. Add rice, reduce heat, and cook for approximately 20 minutes until tender.
4. In large pot add rice, 1 ½ cups milk, sugar and salt.
5. Stir rice constantly to avoid rice from sticking to bottom of pot.
6. Cook until mixture is a thick and creamy texture, approximately 20 minutes.
7. Remove pot from heat, and while still hot, add remaining ½ cup milk, beaten eggs (add very slowly while stirring pot), vanilla, and optional dried fruit (such as raisins).
8. Return to medium heat and stir again until slightly thickened (5-10 minutes max).
9. Remove from heat, and pour into containers. Top with a sprinkling of cinnamon or nutmeg for garnish as desired.
10. Refrigerate before serving.

NUTRITIONAL DATA:

289 calories, 5.9 grams fat, 0.5 grams saturated fat, 59 mg cholesterol, 50 grams carbohydrate, 1.2 grams dietary fiber, 8.1 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*