

Rockin' Rice Pudding



Add frozen berries for a delicious burst of flavour.

RECIPE SERVES 12



Ingredients

- ¾ cup Arborio rice
- 1 ½ cups water
- 1 cup low fat milk
- 2 teaspoons all spice or cinnamon
- 1 teaspoon vanilla essence
- 800g tin fruit, in juice
- 3 bananas
- 2 tablespoons honey
- 2 tablespoons coconut

Equipment

Frypan and lid, measuring cups, measuring spoons, large bowl, mixing spoon, fork or potato masher, sieve, can opener



1.

Add rice and water to frypan. Turn frypan to low heat and put the lid on. Allow to cook for 5 minutes.



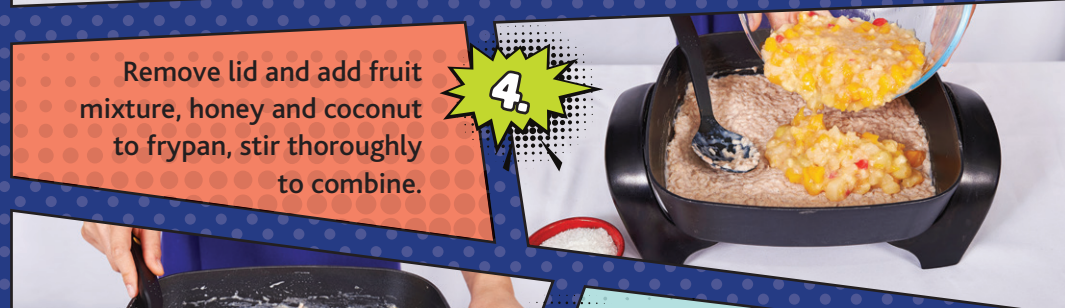
2.

Add milk, all spice/cinnamon and vanilla essence to frypan. Place the lid onto the frypan and cook on low for 15 minutes, stirring often.



3.

Peel bananas and place into a large bowl. Drain fruit, add to bowl with bananas and mash.



4.

Remove lid and add fruit mixture, honey and coconut to frypan, stir thoroughly to combine.



5.

Continue to gently stir the rice mixture for a further 5 minutes or until rice is cooked tender.

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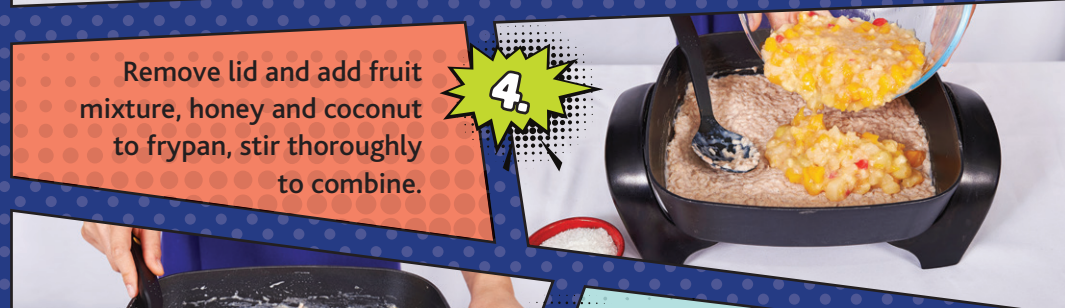
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