



Recipe #710 Diabetic Friendly Sugar Free Rice Pudding

Serving Size and Ingredients: 4 oz.

25 Servings	50 Servings	100 Servings	Ingredients
1-1/2 qts.	3 qts.	1-1/2 gal.	Milk
1/2 cup	1 cup	2 cups	Cornstarch
3/4 cup	1-1/2 cups	3 cups	Splenda
4	8	1 Dz. + 4	Eggs
1/4 tsp.	1/2 tsp.	1 tsp.	Ground Nutmeg
1/4 tsp.	1/2 tsp.	1 tsp.	Ground Cinnamon
1 Tbsp.	1/8 cup	1/4 cup	Vanilla
3 cups	1-1/2 qts.	3 qts.	Cooked Rice
1 cup	2 cups	1 qt.	Raisins

North Central New Mexico Economic Development District
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 Non-Metro Area Agency on Aging
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Instructions:

- 1. Combine milk, cornstarch, Splenda, eggs, nutmeg and cinnamon, stir until smooth.**
- 2. Cook over medium heat, stirring frequently for 20-30 minutes until mixture begins to thicken and just boils.**
- 3. Turn off heat and stir in vanilla, rice and raisins.**
- 4. Pour rice mixture into serving pans.**