

Snack | Dessert

# Traditional Rice Pudding

Side Effect: Trouble Swallowing

**5 Mins**  
Prep Time

**50 Mins**  
Cook Time

**6**  
Servings

**291 Calories** **8g Fat** **48g Carbs** **9g Protein**



## Ingredients

**6 Servings** **55 Mins Total Time** **Allergens: Dairy**

**6 Cups Pasteurized** Whole Milk, divided

**½ Cup** White Sugar

**½ Tsp** Salt

**½ Cup** Long Grain White Rice

**2 Tsp** Vanilla

Cinnamon, to garnish

### Allergen Swap

**Dairy** Replace milk with a non-dairy milk alternative

### Nourishment Note



#### **Rice Pudding**

Moist, soft foods, like rice pudding, are often easier to chew and swallow, making them a good choice when dealing with mouth sores or swallowing problems.

## Instructions

### 1. Wash Hands

Wash hands in warm, soapy water prior to cooking.

### 2. Mix Ingredients

In a sauce pan, mix 5 ½ cups milk, sugar, and salt. Bring milk mixture to a boil over medium-high heat.

### 3. Add Rice

Add the rice and reduce heat to low. Bring the mixture to a gentle simmer.

### 4. Simmer Mixture

Simmer the mixture until thickened, about 50 minutes, stirring occasionally.

### 5. Stir in Vanilla

Once thickened, remove from heat and stir in the vanilla.

### 6. Allow to Cool

Allow pudding to cool in the refrigerator. Add the remaining ½ cup milk, or more if you prefer, right before serving. Sprinkle liberally with cinnamon. Enjoy!

### 7. Wash Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [spicysouthernkitchen.com](http://spicysouthernkitchen.com)

## What You'll Need



Sauce Pan



Measuring Cups



Measuring Spoons



Spoon

### Fatigue Buster

- Cover and store in the fridge for up to 3 days for a quick and easy snack.