

Rice Pudding

Ingredients

50g pudding rice

190ml liquid skimmed milk

2 teaspoons MCT Oil

1 teaspoon sugar

Pinch of nutmeg

Method

1. Preheat the oven to 300°F/ 150°C/ Gas Mark 2.
2. Place the milk and oil in a pan to heat.
3. Add pudding rice, sugar and nutmeg.
4. Place in a covered ovenproof dish. Then place the dish in a bath of water (half fill a roasting tin with water).
5. Bake in a preheated oven for 1 hour.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics