



Hazlenut Milk Rice Pudding with Nutmeg

Calcium



Vitamin D



Iodine



SERVES 4

Ingredients

- 850ml hazelnut milk
- 140g short grain pudding rice
- 100g golden caster sugar
- 2 eggs
- Grated nutmeg, to serve



Directions

- Add the rice and hazelnut drink to a pan and heat it until it begins to boil. Reduce the temperature and allow to simmer for 20-25 minutes until rice is cooked through.
- Lightly whisk the sugar and eggs in a bowl. Add in a spoonful of the cooked rice and stir well until fully combined.
- Add the rice mixture back into the pan and continue heating for a further 10 minutes until the mixture thickens. Make sure the rice pudding doesn't boil as this can curdle the mixture.
- Sprinkle with nutmeg and serve.

Recipe provided by Alpro

Lactose & Galactose Free Recipe