

White Chocolate-Peppermint Rice Pudding

(Makes eight 1/2-cup servings)

Ingredients:

- 3 1/2 cups 1% low-fat milk, divided
- 1 teaspoon peppermint extract
- 2 tablespoons brown sugar substitute
- 1/4 teaspoon ground cinnamon
- 1 tablespoon butter
- 1/8 teaspoon salt
- 1 cup instant rice
- 1 (1-ounce) package sugar-free white chocolate instant pudding mix
- Cinnamon sticks (optional)

Directions:

- 1) Bring 1 1/2 cups milk, peppermint extract, and next 4 ingredients to a boil in a medium saucepan over medium heat, stirring occasionally. Stir in rice; cover, and reduce heat to low. Simmer 5 minutes, stirring occasionally.
- 2) While rice mixture cooks, prepare pudding mix according to package directions using remaining 2 cups milk. Stir prepared pudding into rice mixture. Serve warm. Garnish with cinnamon sticks, if desired.



Nutritional Analysis: (per serving / 1/2 cup)

- Calories: 155
- Fat: 3 g
- Saturated Fat: 2 g
- Sodium: 140 mg
- Protein: 5 g
- Carbohydrates: 27 g
- Sugars: 0 g
- Dietary Fiber: 1 g

Source:

CookingLight.com
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