

**Creamy Rice Pudding**

Yield: 4 servings

**Ingredients**

2 Tbsp. (25 mL) butter  
1/2 cup (125 mL) short-grain rice  
1/4 tsp. (1 mL) ground cardamom  
1/4 tsp. (1 mL) cinnamon  
2-1/2 cups (625 mL) 1% milk  
2 Tbsp. (25 mL) granulated sugar  
1 tsp. (5 mL) finely grated orange rind

**Preparation**

In small saucepan, melt butter over medium heat. Add rice, cardamom and cinnamon; stir to coat.

Stir in milk and sugar; bring to boil. Reduce heat, cover and simmer, stirring often, until most of the liquid is absorbed and rice is tender, about 25 minutes.

Stir in orange rind. Serve warm.

**PER SERVING**

(approximate values)

Calories: 230

Calcium: 185 mg

Vitamin D: 80 IU