



## Arroz con Leche (Brown Rice Pudding)

This creamy and delicious pudding is made with brown rice and is sweetened with dates!

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Dates, pitted	74.5 g
1 cup	Brown Rice	198 g
4 cups	Almond Milk, Unsweetened	946.32 ml
1/2 cup	Raisins	74.5 g
1 tsp	Vanilla Extract	5.0 ml
1/4 tsp	Cinnamon	1.18 g
1/2 cup	Almonds, toasted	43 g

### Preparation:

1. Gather all ingredients and equipment.
2. Put dates in a bowl and pour 1/2 cup of boiling water over them. Let soak 5 minutes, then transfer dates and water to a blender and puree until smooth to make a date syrup.
3. In a saucepot, add the rice, almond milk, extract, and cinnamon. Bring to a boil and reduce heat to medium-low and allow to simmer for 30-35 minutes or until rice is tender.
4. Then, stir in the date syrup, raisins, cinnamon, and almonds into rice and serve warm.

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### Nutrition Facts

<b>Serving size</b>	<b>1 cup</b>
<b>Servings</b>	<b>8</b>
<b>Calories</b>	215
Calories from Fat	50
Total Fat	6 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	93 mg
Carbohydrates	39 g
Dietary Fiber	4 g
Sugars	16 g
Protein	4 g
Vitamin A	8 %
Calcium	4 %
Vitamin C	1 %
Iron	2 %
Phosphorus	0 mg

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