

Breakfast Basmati Rice Pudding with Pears



Makes:

6 servings

Utensil:

10" Electric Oil Core Skillet

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Recipe:

Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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1 cup
basmati rice, raw
(190
g)
2 cups
soymilk
(475
mL)
2 cups
pears, processed, use Cone #3
(320
g)
¼ cup
sugar, brown sugar or agave
(50
g)
½ teaspoon
ground cinnamon
(2.5
mL)
¼ teaspoon
salt
(1.25
mL)
½ teaspoon
vanilla extract
(2.5
mL)
2 tablespoons
soymilk
(30
mL)

Directions:

1. Combine rice, 2 cups (475 mL) soymilk, pears, sucanat sugar, cinnamon and salt. Pour mixture into electric skillet, cover and cook at 375°F/190°C.
2. When Vapo-Valve™ clicks, reduce temperature to

185°F/85°C. Cook until rice is tender and liquid is almost all absorbed.

3. Stir in vanilla and remaining 2 tablespoons (30 mL) soymilk. Serve warm.

Tips:

- Substitute an alternative milk in place of soymilk, such as almond or rice milk.
- Sprinkle individual servings with cinnamon, if desired.

Nutritional Information per

▼ Serving

Calories: 229
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 141mg
Total 46g
Carbs:
Dietary Fiber: 3g
Sugar: 8g
Protein: 6g