



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Brown Rice Pudding***

### **Ingredients:**

- 2 cups cooked brown rice
- 3 cups light coconut milk
- 3 eggs
- 1 cup of brown sugar
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

### **Directions:**

1. Blend all ingredients well. Pour into a 2-quart casserole dish.
2. Bake at 300 degrees for 90 minutes or until center is just set.

Serves 8

*Nutrition: 330 calories, 10 g fat,  
52 g carbohydrate, 5 g protein,  
290 mg sodium*

*Source: Oldways*

*healthy*  
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