

Rice pudding

INGREDIENTS

- 1L (4 cups) milk (see notes for Low FODMAP substitution)
- 165g (3/4 cup) medium-grain rice
- 1/4 teaspoon salt
- 110g (1/2 cup) caster sugar
- 1 teaspoon vanilla essence
- Ground nutmeg, to serve

METHOD

- **Step 1**

Place the milk, rice and salt in a large saucepan over medium-high heat and bring to the boil. Reduce heat to medium-low and cook, stirring, for 20 minutes or until the rice is tender.

- **Step 2**

Add the sugar and vanilla. Increase heat to medium-high and bring to the boil. Boil for a further 2 minutes or until the rice is soft and the mixture thickens.

- **Step 3**

Spoon the rice evenly among serving bowls. Sprinkle with nutmeg and serve immediately.