

Christmas Spiced Rice Pudding

- ✓ Serves 6
- ✓ 225 calories per serving/ 8g sugar

Ingredients

- 1 tsp butter
- 1l semi-skimmed milk + 100ml
- 200g wholegrain rice
- 1 orange , finely zested
- 1 tsp mixed spice
- 1 tsp cinnamon
- A grating of nutmeg
- 1 tbsp orange segments
- honey and raisins, to serve



Method

1. Grease the slow cooker all over the base and half way up the sides.
2. Heat the milk to a simmer. Mix the pudding rice and the milk and pour into the slow cooker. Add the orange zest, and spices. Cook for 4 hours on low and stir once or twice during this time.
3. If after 3 hours the rice pudding is beginning to stick to the base of the cook, add a splash of water.
4. The rice will be tender when cooked. Add 100ml milk to loosen the pudding, if necessary.
5. Serve topped with festive flavours such as orange segments and honey or fruit and raisins.