

Tropical fruit rice pudding

Ingredients

Low calorie spray oil

100g dried pudding rice (or Arborio rice)

2tbsp sweetener

650ml unsweetened almond milk

1tsp vanilla extract

Finely grated rind and juice of 1 lime

3 cardamom pods, lightly crushed

2 medium-size, ripe mangoes, peeled and thinly sliced

20g toasted unsweetened desiccated coconut

Method

1. Preheat oven to 150°C/gas 2. Lightly spray a medium-sized ovenproof pudding dish with low-calorie cooking spray.
2. Place the pudding rice into a sieve and rinse under cold running water. Drain and tip into the ovenproof dish. Stir in the sweetener, almond milk, vanilla extract, and lime juice. Bake for 50 mins.
3. Stir well and bake for a further 1 hr. Arrange the mango slices over the top, sprinkle with the desiccated coconut and pop back into the oven for 10 mins. Scatter over the lime zest and serve immediately.

Healthy Living Tips

If you use fortified almond milk, this is high in calcium, which is important for maintaining healthy bones.