



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Fruity rice pudding

Ingredients:

1 can light evaporated milk
2 eggs
1 cup rice, cooked in 2 cups of water
1 teaspoon vanilla essence
½ cup caster sugar
Can or dried or fresh fruit of choice
Good pinch nutmeg and or cinnamon

Preparation:

Combine rice with water in medium saucepan and bring to boil.
Simmer for 5 minutes and then let it cool down.
Combine vanilla, carnation milk, sugar, eggs and spices.
Add fruit of choice
Place in lightly buttered casserole dish or individual dishes
Bake at 160 degrees for 20 minutes till set but still soft.
Remove and chill, or eat warm.

Recipe shared by the Riverwood Love Food Hate Waste workshop participants



Ethnic Communities'
Council of NSW inc.