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Rice Pudding

Recipe makes:

2 portions

Preparation time:

10 minutes

Cooking time:

10 minutes

Nutritional Information	Per portion
Energy	32 kcal
Protein	2.0g
Carbohydrates of which sugars	0.5g 0g
Total Fat	1.2g

Ingredients:

150g carbohydrate-free rice

e.g. Slim Rice*

150g unsweetened soya drink

2g vanilla essence

5g sweetener, granulated

e.g. Sukrin Gold*

2g xanthan gum

Method:

1. Wash the carbohydrate-free rice according to the manufacturer's instructions and set aside.
2. Pour the unsweetened soya drink into a saucepan, followed by vanilla essence and sweetener. Simmer on a low heat for 2 minutes.
3. Add in the xanthan gum and stir in until the sauce thickens.
4. Add in the washed carbohydrate-free rice and cook for the remaining 2 minutes.
5. Divide equally into two bowls and enjoy!

Dietitian's comments:

Always check with your dietitian that this recipe is suitable for you.

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrimer analysis. Refer to labels for allergen and other product information.

*Alternative products may be available - please speak to your dietitian.



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