



Banana Rice Pudding

Prep Time: 5 minutes

Cost per serving: \$0.13

What you need:

Utensils:

- Small pot
- Medium bowl
- Measuring cups & spoons
- Electric beaters, whisk or a fork
- Stirring spoon

Ingredients:

- 1 cup brown long grain rice
- 2 teaspoon sugar-free vanilla pudding mix
- ½ cup low fat or fat free milk
- 1 cup bananas thinly sliced

What to do:

1. Wash your hands and clean your cooking area.
2. Cook rice according to package instructions and set aside.
3. In a medium bowl, mix pudding and milk.
4. Stir in rice and bananas.
5. Chill before serving.



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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 2%