



# CREAMY CHOCOLATE RICE PUDDING WITH DRIED CHERRIES

## QUICK INFORMATION

TIME



1 HR

SERVES



8

CALORIES



290

GLUTEN FREE



RECIPE

## INGREDIENTS

- 4¾ cup Lundberg Short Grain Brown Rice
- 2 cups milk
- ¼ cup honey
- 4 oz chopped dark chocolate
- ½ cup whipping cream
- 1 large egg
- 1 tsp. vanilla extract
- ½ cup dried cherries, chopped (or dried cranberries or blueberries)
- Optional: sliced hazelnuts or almonds

## NUTRITIONAL FACTS

Serving Size: 1/2 cup

### AMOUNT PER SERVING

**Calories** 290      Calories from Fat

**Total Fat** 14g

**Saturated Fat** 8g

**Cholesterol** 50mg

**Sodium** 45mg

**Total Carbohydrates** 35g

Fiber 2g

Sugar 19g

**Protein** 5g

## PREPARATION

Cook rice according to package directions.

In a medium saucepan, mix together milk, honey, and cooked rice. Cook over medium heat until boiling, stirring frequently. Reduce heat to medium-low and continue cooking for about 15 minutes, stirring often until thickened. Add chocolate and mix until melted through.

Whisk egg and cream together. Vigorously stir in a small amount of the hot mixture then transfer everything into the saucepan. Stir well and bring back to a boil. Turn off heat and stir in vanilla and dried cherries. Serve warm with a garnish of whipped cream and sliced nuts.

To serve cold, portion into ramekins or small dessert dishes and press top with plastic wrap to prevent a skin from forming and refrigerate. Garnish with whipped cream, nuts and dried cherries. Best served same day as rice will

get firm if refrigerated over night.