



PEACHES AND CREAM RICE PUDDING POPS

QUICK INFORMATION

TIME



30 MIN

SERVES



4

CALORIES



180

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- 1 cup cooked Organic Lundberg Family Farms Sushi Rice
- 1 cup milk
- ¼ cup heavy cream
- 2 Tbsp. brown sugar
- Pinch of salt
- 1 peach, diced
- 1 tsp. vanilla extract

NUTRITIONAL FACTS

Serving Size: 136g

AMOUNT PER SERVING

Calories 180 Calories from Fat

Total Fat 7g
Saturated Fat 4g
Trans Fat 0g

Cholesterol 20mg

Sodium 100mg

Total Carbohydrate 26g
Dietary Fiber 1g
Total Sugars 13g

Protein 4g

PREPARATION

In a medium sauce pan combine cooked rice, milk, cream, brown sugar and salt.

Bring to a simmer over medium low heat and cook for 15-20 minutes until rice is tender and liquid has reduced in volume by about half.

Add peaches and continue to cook for another 5 minutes.

Remove from heat, add vanilla and stir well to combine.

Divide rice pudding mixture into 4 popsicle molds and place in freezer for 1 hour.

Remove popsicles from freezer and insert sticks, freeze for another 3 hours or until solid.

Use a hot rag wipe the outside of each popsicle mold, loosen and remove popsicles.

Enjoy!