



Slow Cooker Rice Pudding and Fruit

Serves 4

Ingredients:

- 100g pudding rice
- 10g sunflower spread
- 1tbsp sugar
- 750ml (1½ pints) semi skimmed milk or full cream milk
- 1tsp ground cinnamon (optional)
- 50g (large handful) raisins, sultanas or chopped dried apricots or tinned fruit

Method:

1. Grease inside of slow cooker well with sunflower spread
2. Put rice, milk, sugar and spice. Stir gently
3. Add lid and cook for 3 - 4 hours on low setting
4. Cook until tender and creamy in appearance

To serve add dried fruit or chop some tinned fruit.

