

# Rice Pudding



4:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 6 minutes
- **Recipe makes** 2 x 130g portions

Recipe provides **approximately:**

Nutritional content	1 portion	2 portions	Your recipe
Fat	17.8g	35.6g	
Protein	2.5g	5.1g	
Carbohydrate	1.9g	3.8g	
Energy (calories)	178kcal	356kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Carbohydrate-free rice e.g. Slim Rice®	150g	
<b>K-Flo®</b>	125g	
Double cream e.g. Morrison's or Tesco	34g	
Water	20g	
Sweetener, granulated e.g. Sukrin Gold®	5g	
Cornflour	3g	

## Method:

1. Prepare carbohydrate-free rice – drain the water and wash the rice as per instructions on pack and set aside.
2. Pour **K-Flo®** into a saucepan, cook on a low heat for 2 minutes.
3. In a bowl, combine the cream, water, cornflour and sweetener.
4. Add the cream mixture to the saucepan with **K-Flo®**, cook on a medium heat, gently stirring for approximately 2 minutes, until the sauce thickens.
5. Add carbohydrate-free rice to the saucepan, cook on low heat for 2 minutes.
6. Divide equally into two small bowls, and serve. Any left over, cover and place in the fridge and consume within 24 hours.



- To sweeten, use a carbohydrate-free sweetener.
- Sprinkle with cinnamon.



**Always check with your dietitian what is suitable for you**

**K-Flo® is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.**