

# Creamed Rice

A traditional dessert in the United Kingdom. It is made in many variations all around the world and this is a spin with flavours loved by children. Easy to make and a great way to include more dairy in the children's diet.



**Influence: United Kingdom**



Serves 10 children



50 minutes

## INGREDIENTS

Rice, dry 205g (1C)  
 Skim milk powder 125g (1 ¼ C)  
 Sugar, brown 40g (1/4 C)  
 Vanilla essence 5ml (1t)  
 Water 1000ml (4C)  
 Sultanas 85g (1/2C)  
 Mixed spice 1g (1t)

## DIRECTIONS

1. Preheat oven to 180°C
2. Combine all ingredients in a large oven proof casserole dish and mix thoroughly
3. Sprinkle with mixed spice
4. Bake in oven for 40 minutes

## Did you know?

Infants are able to absorb more than 50% of the iron in breast milk but may absorb less than 12% from an infant formula. This is due to special iron binder's known as lactoferrin in breast milk that enables the infant to absorb iron efficiently.

# Allergy Information

Contains: cow's milk protein.

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## Childcare RDI Calculator:

Fat		0 %
Vegetables		0 %
Meat/Alt*		0 %
Cereals	<div></div>	70 %
Dairy	<div></div>	80 %
Fruit	<div></div>	30 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services