RICE PUDDINGS WITH APPLES & RAISINS

INGREDIENTS (Makes 12 portions)
- 6 tbsp pudding rice or oats
- 3 cups milk
- 1 apple (red or green), cubed
- 2 tbsp raisins, chopped

METHOD:
- Place the rice and milk in a saucepan and heat gently, stirring all the time, until the mixture just comes to a boil.
- Turn the heat down and, stirring regularly, allow to simmer gently for about 20 minutes while the rice absorbs the milk.
- Stir in the cubed apples and raisins and heat through. If preferred, apples can be cooked more until slightly soft.

HEALTHY EATING TIPS
Milky puddings can be a good way to get your child to eat more fruits or introduce your child to drinking full cream milk.

COOKING TIPS
You can make milky puddings with other cereals, such as sago, tapioca or oats. You can also add other fresh or dried fruits as desired.

Give Baby the right nutrition at every growth stage. See more recipes at healthhub.sg/earlynutrition