

Homemade apple rice pudding (serves 2)

You will need:

- 50g pudding rice
- 200ml semi-skimmed milk
- 100ml cold water
- 1 apple chopped (cooking apples or eating apples are suitable)
- ¼ tsp cinnamon

How to make it:

Place all of the ingredients into a saucepan over a medium heat and cook for 15-20 minutes, stirring regularly.

What does this give you?

- ½ a portion of fruit
- 2 portions of starchy foods
- ½ a portion of dairy

The stats (per serving): 105kcal, 1.1g saturated fat, 10.4g sugar, 1.3g fibre, 4.2g protein, 0.1g salt.

Preparation and cooking time: 20 minutes

Approx. cost per serving: 30p

Allergens: contains milk and possibly gluten.