

Recipe Card



Sweet Congee

Recipe by Zerrin, (2001). Give Recipe.

Retrieved from: <https://www.giverecipe.com/sweet-rice-porridge-recipe/>

Ingredients:

1 cup rice
2 cups water
3 cups milk

Topping for each bowl:

1 tablespoon orange jam
¼ teaspoon cinnamon
1 teaspoon chopped almonds
Sliced pears

Directions:

1. Bring water to boil in a pot and add in the rice.
2. Cook over medium low heat for 5 minutes, stirring occasionally. Bring it to the lowest heat and let it simmer until the rice is tender.
3. Pour in the milk and bring it to boil over medium low heat.
4. Reduce the heat to the lowest and let it simmer until thickens and gets creamy.
5. Share the porridge in bowls. Top with jam, cinnamon, almonds and pear. Serve warm or cold.

*NUTRITION INFORMATION: Serving Size 1 bowl // Serves 6
Calories per serving: 95kcal; Total Fat 0.4g; Cholesterol 2.5mg
Sodium 56.3mg; Total Carbohydrate 17.8g; Sugars 8g
Protein 5.1g; Vitamin A 0%; Vitamin C 3%

<http://www.healthiestbest.com/quick-and-healthy-meals>