



Recipe for Vietnam

Banana Rice Pudding

1 1/2 cups brown rice, cooked

1 cup nonfat milk

1 medium banana--cut into slices

1 can fruit, 15-ounce can, cut into slices

1/4 cup water

2 tablespoons honey

1 teaspoon pure vanilla extract

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg.

Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy. Add the rice and milk and mix thoroughly.

Bring to a boil and simmer 10 more minutes. Serve warm.