Snack

Baked Mango and Lime Rice Pudding

Creamy baked rice pudding gently spiced with cardamom and lime, topped with ripe mango slices and a sprinkle of toasted coconut.

185 min	184	31.2 g	14.8 g
time	calories	carbs	sugars



Low fat

Ingredients, 5 servings

- [ ] 1 cal oil spray
- [ ] 100 g dried pudding rice
- [ ] 2 tbsp sweetener
- [ ] 650 ml unsweetened fortified almond milk
- [ ] 1 tsp vanilla extract
- [ ] Finely grated rind and juice of 1 lime
- [ ] 3 cardamom pods, lightly crushed
- [ ] 2 medium-size, ripe mangoes, peeled and thinly sliced
- [ ] 20 g toasted unsweetened desiccated coconut

Method

- [ ] **1** Switch the oven on to heat at 150°C/gas 2. While it warms up, coat a medium ovenproof pudding dish all over with a thin film of the 1 cal oil spray.
- [ ] **2** Wash the 100g dried pudding rice in a sieve beneath cold running water, let it drain, then scrape it into the prepared dish.
- [ ] **3** Measure out the finely grated rind and juice of 1 lime so both are ready to use. Stir the 2tbsp sweetener, 650ml unsweetened fortified almond milk, 1tsp vanilla extract, the 3 lightly crushed cardamom pods and the lime juice through the rice, keeping the rind back for later, then bake for 50 mins.
- [ ] **4** Once those 50 mins are up, give the mixture a really thorough stir, then put the dish back in the oven for a further 1 hr.
- [ ] **5** Lay the 2 medium-size, ripe mangoes, peeled and thinly sliced, over the surface of the pudding, shower them with the 20g toasted unsweetened desiccated coconut and give everything 10 mins back in the oven.
- [ ] **6** Take the dish out, distribute the reserved lime rind across the top and bring the pudding to the table without delay.

Nutrition Facts

Per serving

Calories	**184**
Total fat	4.3 g
Saturated fat	2.4 g
Sodium	Not listed
Total carbs	31.2 g
Fiber	4.2 g
Total sugars	14.8 g
Protein	2.8 g

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