

Vietnamese Banana Rice Pudding

Equipment	Ingredients
Can opener	1 ½ cups brown rice, cooked
Medium saucepan	1 cup non-fat milk
Measuring spoons	1 medium banana, sliced
Chopping board/knife	1 can lychees, sliced
Measuring cups	(assorted fruit can be substituted)
Mixing spoon	¼ cup water
Serving bowl	2 tablespoons honey
	1 teaspoon vanilla extract
	½ teaspoon ground cinnamon
	½ teaspoon ground nutmeg

How TO MAKE IT:

- 1 Drain the lychee.
- 2 In a medium size saucepan, combine the banana and lychee slices, water, honey, vanilla, cinnamon and nutmeg.
- 3 Bring to the boil, reduce the heat, and simmer for 10 minutes, or until tender but not mushy.
- 4 Add the rice and the milk and mix thoroughly.
- 5 Bring to the boil and simmer 10 more minutes. Serve warm.

