

This recipe uses an old fashioned store cupboard ingredient with seasonal fruits and yogurt. **Children will learn how to gently stir a pot over a simmering heat and the simple pudding has scope for creativity.**

Chilled Summer Rice Pudding - School

Makes 6 small glasses

350ml full fat milk

50g flaked rice

20g sugar (to taste)

Pinch of grated nutmeg

200ml low fat yogurt

250g berries

Toasted Hamlyns Scottish Oatmeal / grated chocolate (optional)

1. Measure the milk into a measuring jug.
2. Weigh out the flaked rice and sugar.
3. Put the milk, rice and sugar into a pan with a little grated nutmeg. Bring to the boil and continue to gently stir the rice with a wooden spoon, over a simmering heat for 6-8 minutes until the rice thickens. Remember little stirs keeps the rice in the pan.
4. Put the cooked rice into a large mixing bowl and allow it to cool.
5. Use a metal spoon to fold the yogurt into the cooled rice.
6. Wash and hull the berries and pat them dry. If you can find some, try using old fashioned sugar tongs to pull the husks out of strawberries. Cut any large strawberries into bite sized pieces. Put the fruit into a bowl.
7. Put some fruit into a glass, then some rice,