ARROZ CON LECHE

INGREDIENTS:

- 2 cups brown rice
- 2 large strips lemon peel (preferably organic)
- 4 cardamom pods
- 1 stick cinnamon
- 4 cups reduced-fat milk
- 1/8 teaspoon fine sea salt
- 1 teaspoon vanilla extract
- 5 tablespoons brown sugar
- 1 teaspoon cinnamon (for garnish)



Nutrition Facts

263 calories | 4g fat | 2g saturated fat | 86mg sodium | 50g carbohydrate | 2g fiber | 14g sugar | 8g protein

DIRECTIONS:

- Rinse the rice under cold water. Add to a medium-sized saucepan over medium heat with just enough water to cover the rice. Add the lemon peel, cardamom pods, and cinnamon stick to the pot.
- 2. Once the water is absorbed into the rice, start adding the milk 1/2 a cup at a time. Stir constantly, adding more milk as the liquid starts to be absorbed into the rice.
- Mhen all milk has been added and the rice has reached the desired creaminess, remove pan off the heat and stir in salt and vanilla.
- Add the brown sugar 1 tablespoon at a time until it reaches your desired level of sweetness.
- Serve either hot or cold, garnished with ground cinnamon to serve.