

Crock-Pot Rice Pudding with Fresh Peaches

Ingredients:

- 4 cups 1% milk
- 1/2 cup uncooked basmati or jasmine rice
- 1/2 cup plus 2 Tbs sugar, divided
- 1/4 tsp. kosher salt
- 1/8 tsp. ground cinnamon
- 1/8 tsp. nutmeg
- 1 (2-inch) cinnamon stick
- 1 vanilla bean, split lengthwise
- Cooking spray
- Peaches or fresh fruit
- pinch of cinnamon for the top, before serving

Spray a crock pot with cooking spray. Add milk, rice, 1/2 cup sugar, and next 5 ingredients (through vanilla bean) to crock pot. Stir well to make sure none of the rice sticks to the bottom. Cover and cook on low for 6 to 7 hours (depending how hot your crock pot gets), stirring occasionally. Scrape seeds from vanilla bean into the pudding and discard the shell along with the cinnamon stick. Stir in remaining 2 tablespoons of sugar. Spoon mixture into small bowls or ramekins and garnish with fresh peaches and a pinch of cinnamon. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"It takes courage to show up and become who
you really are." - E. E. Cummings***