



## Greek Cinnamon and Rice Custard

- ¼ cup white organic medium grain rice
- 3 organic or free range eggs
- ¼ teaspoon organic vanilla essence
- 2 tablespoons organic brown sugar
- 1 heaped tablespoon organic corn flour
- 3 cups organic milk
- 1 ½ cups boiled water

*Prepare in two stages:*

### *Stage 1:*

Rinse the rice well under cold water before boiling.

Place the rice in a medium saucepan, add boiled water and simmer for 15 minutes, stir regularly and don't let water run dry. When finished put lid on and let it rest for 10 minutes.

### *Stage 2:*

In a jug beat the eggs with a hand blender or whisk, add 1 cup of milk and beat again. Add in the dry ingredients and beat well so it's all mixed together.

Add two more cups of milk and continue to blend making sure there's no lumps.

Pour onto rice in saucepan, start heating and thicken, stirring constantly.

Once it starts to slightly bubble and appear the consistency of custard, turn off the heat and pour into small individual bowls.

Dust lightly with cinnamon and serve either warm or put in the fridge for later snacks.