

Gut-Bug Friendly Food: Apple Apple Rice Pudding



Prep: 5 mins Cook: 2 mins Servings: 2 Microwave Only



Top Tips



Try using a variety of fruits in addition to apple, like pear, orange, peach, or pineapple.

Both fresh and tinned fruit work well – choose whatever you like best.



Keep the drained fruit juice. It can be drunk or added to another dish.

Equipment



Ingredients



1 tin of rice pudding (**milk**)



Sprinkle of cinnamon (optional)



1 tin of apple slices or 1 whole fresh apple

For allergens, see ingredients in **bold**. Allergens may vary between brands, refer to the ingredient lists on the items you have

1

Empty the rice pudding into the microwavable container.

Heat according to the instructions on the tin.



Divide the warmed rice pudding between the 2 bowls.

2

If using tinned apple, drain the apple using the sieve.



Slice the apple into small chunks.



3

Arrange the apple on top of the bowls of rice pudding.

If desired, sprinkle the cinnamon over the top.

Enjoy!



Allergens: rice pudding (**milk**)



If you have IBS, try adding a smaller quantity of apples to the pudding