

Saskatchewan Wild Rice Pudding

By Jana

Ingredients:

1/3 cup (75ml) wild rice
2 cups (500ml) cream
2 cups milk
½ cup (125ml) long-grain rice
1/4 cup **OR** 1/3 cup xylitol (depending on how sweet you like it)
¼ cup (50ml) chopped pistachios

- Soak wild rice for 4 hours in enough cold water to cover; drain well.
- In large non-stick saucepan, mix wild rice, cream, milk, long-grain rice, and xylitol.
- Bring to boil over medium-high heat stirring frequently; reduce heat and simmer, uncovered, and stirring frequently for about 40 min. Or until rice is tender.
- Remove from heat; add half of the pistachios.
- Pour into serving dish and garnish with remaining nuts.
- Let cool slightly before serving or serve cold.

Makes 6 servings