

ABUELA MAMA Y YO

— FORTALECIENDO LA SALUD DE TRES GENERACIONES —

Arroz sin Leche

Ingredients

- 1 cup of white rice
- 3/4 cup sugar or honey
- 1 liter of rice milk
- 1 lime peel (yellow)
- 1 stick of cinnamon
- Optional: raisins
- Ground cinnamon to sprinkle when serving



Arroz sin Leche

Preparation (15 minutes)

- In a saucepan over low heat, place all the ingredients
- Stir very well for the sugar to dissolve
- Cook for 10 minutes and stir frequently
- Turn off the heat and let it cool for 3 minutes.
- Stir the lemon and the cinnamon stick
- Optional: Add the raisins
- Put in a container and let it rest or put it in the refrigerator

Cinnamon helps regulate blood sugar.

Make sure to incorporate a little cinnamon into your desserts.



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