

1. Put the rice, milk and nutmeg into a large microwaveable bowl. Cover with cling film, pierce it, then cook on High for 5 mins.
2. Stir and leave to stand for 1 min, then return to the microwave for a further 5-6 mins on High or until the rice is cooked and all the milk absorbed.
3. Remove from the microwave and stand for a further 2 mins.
4. Put the honey, apricots and orange juice into another microwaveable bowl and cook on High for 1 min until the apricots have plumped up.
5. Stir the syrupy apricots, fromage frais/yoghurt and a pinch of orange zest into the rice. Serve straight away in bowls, topped with a sprinkling of almonds, a little more orange zest and a drizzle of honey to taste

200g pudding rice

600ml skimmed/soya milk

big pinch ground nutmeg

1 tbsp clear honey , plus extra to serve

140g ready-to-eat dried apricots , roughly chopped

zest and juice 1 orange

4 tbsp reduced-fat fromage frais or yoghurt

handful toasted sliced almonds

**Making it extra crunchy**

Stir through 1 tbsp each toasted sesame seeds, pine nuts and pumpkin seeds at the end of cooking to make it extra crunchy

**Dessert****'What's Cooking!' Recipe Card****APRICOT & ORANGE RICE PUDDING****Food Fact:-**

Rice is an excellent energy food, provides some protein and provides most of the B vitamins required.

Adding dried fruit contributes to your Five-a-Day

**Preparation time** 10 mins

**Cooking time** 12 mins

Serves 4