

Everything Herbal

by Cheryl Jabz



Simple • Natural • Made with Love

Cinnamon Honey Rice Pudding

A warm, creamy, comforting dessert sweetened with honey and spiced with cinnamon.

Simple ingredients, timeless flavor.



Ingredients

- 1 cup long grain white rice
- 4 cups whole milk (or milk of choice)
- 1/2 cup heavy cream (optional for extra creaminess)
- 1/3 cup honey (adjust to taste)
- 1 cinnamon stick
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- Pinch of salt

Directions

1. Rinse rice under cold water. In a medium saucepan, combine rice, milk, cream, and cinnamon stick.
2. Bring to a gentle boil over medium heat, then reduce to low. Simmer uncovered, stirring frequently, for 30–35 minutes or until rice is tender and pudding thickens.
3. Remove cinnamon stick. Stir in honey, ground cinnamon, vanilla, and salt.
4. Cook for 2–3 more minutes, stirring.
5. Serve warm or chilled. Sprinkle with extra cinnamon if desired.

Cheryl's Tip

For extra creaminess, stir in 1–2 tbsp butter at the end. Delicious topped with chopped nuts or raisins!



Benefits



Energy & Comfort – Rice provides steady energy and a soothing, satisfying treat.



Antioxidants – Cinnamon helps fight oxidative stress and supports overall wellness.



Natural Sweetness – Honey offers natural sweetness with antibacterial and immune-supporting properties.



Digestive Support – Warm rice pudding is gentle on the stomach and easy to digest.

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