

## Fitness Dessert: Rice pudding with Fruits and Cinnamon



### Nutrition Facts

Amount Per Serving

<b>Calories</b>	278 kcal
<b>Protein</b>	24.2g
<b>Carbohydrate</b>	39.1g
<b>Fat</b>	2.2g
<b>Dietary Fiber</b>	3.1g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

- 120ml Milk (low-fat)
- 100g Basmati rice (boiled)
- 40g Strawberries
- 40g Blueberries
- 20g [Whey Protein Vanilla](#)
- 5ml Sweetener
- Cinnamon

### Preparation:

Boil basmati rice in 200ml of salted water (ratio 2:1) for about 12 minutes (until the water is gone). Heat low-fat milk in a pot. After a few minutes add boiled basmati rice and Vanilla Whey Protein. Boil it for about 10 minutes under continuous stirring. Depending on your preference add some sweetener. Put the berries into a bowl, add one tablespoon of water and mix it. Dredge the rice pudding with cinnamon and add the berries. This healthy and delicious fitness recipe serves you 278 calories and 24.2g of protein. If you need your personalized Meal Plan, you can get it [here](#). Enjoy and stay fit!

### Product recommendation for this fitness recipe:

