

### Ingredients

	4 SERVES	8 SERVES	12 SERVES
Cooked brown basmati rice	2 cups	4 cups	6 cups
Eggs	2	4	6
Milk	500mL	1L	1.5L
Maple syrup	¼ cup	½ cup	¾ cup
1 lemon – zest only	1	2	3
Ground cinnamon	1 tsp	2 tsp	3 tsp
Ground mixed spice	½ tsp	1 tsp	1 ½ tsp
Ground ginger	½ tsp	1 tsp	1 ½ tsp
Shredded coconut	½ cup	1 cup	1 ½ cups
Apple	2	4	6



### Method

1. Preheat oven to 200 degrees Celsius.
2. Grease a baking dish.
3. Whisk the eggs, milk, maple syrup, lemon zest and spices in a large bowl.
4. Spread cooked rice in baking dish and pour over the milk mixture.
5. Top the pudding with thin slices of apple and shredded coconut.
6. Bake in oven for 20-30 minutes or until set like a custard.
7. Serve with yoghurt, custard or ice cream.

### Nutrition, hints and tips

- **The apple in this recipe could be substituted with pear, banana, or berries.**

- **Brown rice is a great source of fibre**
- **Swap lemon zest for orange zest for a different flavour**