

Lemon Delight Recipe



What You need

- 3 1/2 Cups milk (your choice I use Lactaid, lactose free milk or almond milk)
- 1/2 Cup white rice
- 1 Cup Splenda or sugar substitute (or sugar) divided
- 4 Lemons
- 2 tsp Lemon zest (divided)
- 1/2 tsp Lemon extract
- Sauce pan with lid

Zester (grater)

Before you Start– Wash lemons well, dry and place one lemon in the microwave oven and cook on high for 30 seconds, remove and set aside. Using a zester or citrus grater zest the three remaining lemons.

Let's Make it

In a saucepan over medium high heat bring milk to a high simmer (bubbles forming all around the inside edge of the saucepan). Add rice, 3/4 cup of Splenda (sugar or other sugar substitute) and stir well and bring to a boil. Cover with lid and reduce heat to low and let simmer for 30 minutes until rice is soft and a bit of liquid remains, add 1 tsp lemon zest. Return to heat and cook for 5-10 more minutes (you may need to add a bit more milk if it is getting to thick). Remove from heat stir in juice of microwaved lemon and lemon extract. Fill serving cups or bowls, sprinkle each with remaining Splenda (sugar substitute or sugar) and garnish with remaining lemon zest. Serve warm

Serves 4

Katie's TidBits** If you prefer less lemon, substitute lemon extract for vanilla extract. You can also make an orange delight version just swap oranges for lemons and orange extract for lemon extract!

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