



## The Birkett Mills Recipes

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## Desserts: Creamy "I can't Believe It's Not Rice" Pudding

*Serves: 4-6 people*

### Ingredients

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2 cups cooked whole white buckwheat groats  
1 cup grated apple (cored but not peeled)  
1/4 cup raisins  
2 eggs  
1 cup milk  
1/3 cup honey (preferably clover or other mild honey)  
1 tsp. vanilla extract  
1/2 tsp. ground cinnamon  
1/2 tsp. grated lemon peel  
Grating or two of fresh nutmeg  
1 tbsp. dark rum (optional)  
1/2 cup dairy sour cream  
Whipped cream and chopped nuts or fresh fruit, for garnish

### Directions

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Follow cooking instructions on the box for foolproof fluffy formula #2, using water as the cooking liquid and omitting salt and pepper.

Beat together eggs, milk and honey until well-blended; add vanilla extract, cinnamon, lemon peel, nutmeg and rum.

In a large bowl, combine groats, apple, raisins and milk-egg mixture; mix thoroughly. Spread pudding into buttered 8-inch square pan.

Bake at 350°F for 25-30 minutes, stirring every 5 minutes. Remove from oven, let cool 15 minutes, then stir in sour cream.

Serve warm or cold, garnished with whipped cream and chopped nuts and/or fresh fruit.