

Vanilla risotto and marinated plums



45 min. 369 kcal

SteviaSweet Granulated

Preparation

Wash and halve the plums and remove the stones. Cut the halves into small pieces and put in a pot. Grate the peel of half an orange, press out the juice of the entire orange and add to the pot. Add the ground cinnamon and SteviaSweet Granulated to the mixture. Bring to the boil and remove from the heat. Allow the mixture to cool down at room temperature until the risotto is finished.

Heat up half of the butter in a flat pot. Add the risotto rice and sauté briefly. Add the ground vanilla and pour the milk in to the rice little by little while stirring constantly. While doing so, always wait until the milk has been absorbed before pouring in more. Cook the risotto on medium heat for 18 to 20 minutes while stirring constantly. Add the SteviaSweet Granulated and 1 tbsp water and mix well.

Finally, distribute the risotto in four serving bowls and garnish with the marinated plums. Sprinkle with ground cinnamon and serve.

Ingredients for 4 servings

Risotto

1000 ml	milk
160 g	risotto rice, e.g. Arborio
1/2 tsp	ground vanilla
2 tbsp	SteviaSweet Granulated
2 tbsp	Butter

Marinated plums

2	fresh plums
1	orange
1/2 tsp	ground cinnamon
2 tbsp	SteviaSweet Granulated

Serve with

Ground cinnamon

Nutritional information per portion

369	kcal
1552	kJ
11.5	g Protein
48.5	g Carbohydrates
14.5	g Fat