

Brown Rice Pudding



Prep:

15 minutes

Total:

2 hours

Makes:

10 full servings

Utensil:

4 Qt./3.8 L Roaster with Cover

large mixing bowl

Oval Baking Dish

Rate ★★★★★

Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Brown rice pudding makes for a hearty, warming dessert. Try using short grain brown rice, which gets stickier while it cooks. The arrowroot powder in this recipe acts as a natural thickener (rather than cornstarch) and will give your dessert a true “pudding” consistency.

1 ½ cups
brown rice
(285
g)
3 cups
water
(700
mL)
2 tablespoons
arrowroot powder
(16
g)
1 ½ cups
vanilla rice milk
(350
mL)
¼ cup
raisins

(36
g) ¼ cup
maple syrup
(80
g) 1 teaspoon
vanilla extract
(5
mL) 1 tablespoon
ground cinnamon
(8
g) ½ teaspoon
sea salt
(3
g) 1 teaspoon
pistachios, shelled and chopped
(3
g) 1 teaspoon
almonds, chopped
(3
g)

Directions:

1. Preheat the oven to 350°F/177°C.
2. Add brown rice and 3 cups water in roaster, cover and cook over medium heat. When Vapo-Valve™ clicks, reduce heat to low and simmer for 40 - 50 minutes or until very soft.
3. In a large bowl, dissolve the arrowroot powder in 1 cup of milk. Add the rice, raisins, maple syrup, vanilla, cinnamon and salt. Mix well to combine. Transfer to Oval Baking Dish, cover with foil and bake for 1 hour, or until browned and bubbly.
4. Remove from the oven and stir in remaining ½ cup of rice milk. Let cool for about 1 hour before serving. Garnish with pistachios and almonds.

Nutritional Information per

▼ <u>Serving</u>
Calories: 166
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 113mg
Total 39g
Carbs:
Dietary Fiber: 3g
Sugar: 9g
Protein: 2g