

## 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

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### 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 <sup>1</sup>/<sub>2</sub>

cups

brown rice

(285

g)

3

cups

water

(700

mL)

2

tablespoons

arrowroot powder

(16

g)

1 <sup>1</sup>?<sub>2</sub>

cups

vanilla rice milk

(350

mL)

<sup>1</sup>?<sub>4</sub>

cup

raisins

(36

g)

<sup>1</sup>?<sub>4</sub>

cup

maple syrup

(80

g)

1

teaspoon

vanilla extract

(5

mL)

1

tablespoon

ground cinnamon

(8

g)

<sup>1</sup>?<sub>2</sub>

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 Serving

**Calories:**

166

**Total Fat:**

2g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

113mg

**Total Carbs:**

39g

**Dietary Fiber:**

3g

**Sugar:**

9g

**Protein:**

2g