

## Peanut Butter Rice Pudding



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

**Rate** ★★★★★

### Recipe:

### Contributed By:

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### Recipe Description:

Here is a simple to make creamy and delicious dessert inspired by an African dish called Bambara. Substitute white Jasmine rice with whole grain brown Jasmine rice for more fiber and nutrition. This is a great way to use up leftover cooked rice.

½ cup  
lite coconut milk  
(120  
ml)  
½ cup  
water  
(120  
ml)  
¾ cup  
peanut butter  
(194  
g)  
½ teaspoon  
sea salt  
(3  
g)  
1 teaspoon  
vanilla extract  
(5  
ml)  
¼ cup  
maple syrup or unrefined organic sweetener  
(81  
g)  
1 teaspoon  
ground cinnamon  
(3  
g)  
3 cups  
brown Jasmine rice, cooked

(585

g)

$\frac{1}{2}$  cup

chopped peanuts, toasted for garnish (optional)

#### Directions:

1. Combine coconut milk, peanut butter, salt, vanilla, maple syrup and cinnamon in sauce pan. Turn heat to medium-low and whisk together until combined.
2. Add cooked rice and stir thoroughly to combine with sauce.
3. Add a splash or more of water while heating if it gets too thick.
4. Serve warm and garnish with chopped peanuts and cinnamon.

#### Tips:

- Substitute peanut butter and chopped peanuts with almond butter and toasted almonds.
- Substitute coconut milk with your favorite non-dairy beverage.
- Use additional toppings, such as toasted coconut, chocolate chips or fresh berries.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 309

**Total Fat:** 18g

**Saturated Fat:** 4g

**Cholesterol:** 0mg

**Sodium:** 233mg

**Total** 30g

**Carbs:**

**Dietary Fiber:** 4g

**Sugar:** 10g

**Protein:** 11g