

Downshiftology (mod) Rice Pudding

This easy rice pudding recipe is the perfect holiday dessert to cozy up with this winter. Watch the video below to see how I make it in my kitchen!

Cook Time
40 mins

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Total Time 40 mins Servings: 4 servings

Ingredients

- 1.02 kg whole milk or full-fat coconut milk
- 150 g sprouted rice (see notes below)
- 80.5 g Barbados molasses
- ¼ teasp salt
- 75g dried fruit
- 1 teaspoon vanilla extract
- 0.25 teaspoon ground cinnamon (better yet: try cinnamon stick)

Instructions

1. In a large saucepan, stir together the milk, rice, sweetener, cinnamon stick, and salt. Bring to a simmer over medium-high heat, while stirring frequently.
2. Reduce the heat to low, partially cover with a lid, and continue cooking for 25 to 30 minutes, stirring often to prevent the rice from sticking to the bottom of the saucepan, until the rice is tender.
3. Remove from the heat and stir in the raisins, vanilla, (and cinnamon).
4. Serve warm or cold. The pudding will be thinner while warm and continue to thicken as it cools.

Rice note: use Cuisinart to “crack” the rice. Buzz for 1 minute.