

Mango Sticky Rice Pudding

Yield: 4 servings

Ingredients

½ cup organic brown rice
1 cup water
7 ounces Thai coconut milk
½ cup milk (coconut, almond, soy, or dairy)
¼ cup pure Michigan maple syrup
1 tablespoon tapioca flour
¼ teaspoon sea salt
⅛ teaspoon almond extract
⅛ teaspoon vanilla extract
½ cup mango, peeled, seeded, and mashed

Instructions

1. Bring water and rice to a boil. Reduce heat to low, cover, simmer about 40 minutes. Remove rice from heat and leave covered for 30 minutes or until all water is absorbed.
2. Mix Thai coconut milk, milk, maple syrup, tapioca flour, and salt together in a pan on low heat. Stir often for 10 minutes to create a sauce.
3. Mix rice, sauce, and extracts together and continue to cook on low heat for 15 minutes.
4. Remove from heat and let stand uncovered for at least 30 minutes. Stir occasionally. The sauce will thicken as the pudding cools.
5. Top each serving with mashed mango or drizzle with maple syrup.

Nutrition Information

Serving Size: 1/4 cup
Calories: 192
Total Fat: 4.0 g
Saturated Fat: 2.6 g
Sodium: 158.1 mg
Total Carbohydrate: 37 g
Dietary Fiber: 1.2 g
Sugars: 15.5 g
Protein: 2.7 g

Source: Health Meets Food



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