

Peanut Butter Rice Pudding



Sirve:

8 servings

Pieza:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

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)
1/2 cup
chopped peanuts, toasted for garnish (optional)

Preparación :

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.

Consejos:

- 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.

Información nutricional por ración

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Calorías:	309
Grasa Total:	18g
Grasa	4g
Saturada:	
Colesterol:	0mg
Sodio:	233mg
Carbohidratos:	30g
Fibra	4g
Dietética:	
Azúcar:	10g
Proteína:	11g