

Pumpkin Spice Rice Pudding



Sirve:

8 servings

Pieza:

Saladmaster Food Processor
11" Large Skillet with Cover

Valora: ★★★★★☆

[Agregar un Comentario](#)

1 teaspoon
sea salt
(4
g)
1 cup
coconut sugar, can use granulated sugar
(200
g)
4 tablespoons
coconut or almond milk
(60
mL)
2 cups
pumpkin puree
(490
g)
¼ teaspoon
ground cloves
(0.5
g)
¼ teaspoon
nutmeg
(0.5
g)
¼ teaspoon
allspice
(0.5
g)
dash of ground cinnamon
1 teaspoon
fresh ginger, peeled and shredded, use Cone #1
(2
g)
⅔ cup
golden raisins, optional
(97
g)

Preparación :

1. Combine rice, almond milk, cinnamon stick, orange zest and salt in skillet. Over medium heat, bring ingredients to a

- simmer; reduce to low and cover.
2. Cook approximately 25 minutes, or until liquid is absorbed.
 3. Keeping heat on low, stir in remaining ingredients and continue to cook for approximately 5 - 7 minutes.
 4. Allow to cool for 20 minutes, then refrigerate for 2 hours or until cold.
 5. Before serving, remove cinnamon stick. Serve with cashew cream or vegan whipped topping and garnish with cinnamon.

Consejos:

- Substitute Arborio rice for short grain brown rice.

Información nutricional por ración

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Calorías:	365
Grasa Total:	3g
Grasa	2g
Saturada:	
Colesterol:	0mg
Sodio:	204mg
Carbohidratos:	75g
Fibra	3g
Dietética:	
Azúcar:	31g
Proteína:	7g