



Recipes

Desserts

Brown Rice and Raisin Pudding

Prep Time: 10 minutes

Cooking Time: 70 minutes

Yield: 6 servings

Ingredients:

2 cups cooked brown rice
1 1/2 cups firm tofu
2/3 cup raisins
1 cup rice milk or soymilk
1/3 cup maple syrup
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1 tablespoon kuzu, dissolved in 2 tablespoons water
2 teaspoons vanilla extract

Directions:

1. Preheat oven to 375 degrees.
2. Purée milk substitute, tofu, maple syrup, spices, dissolved kuzu and vanilla in a food processor.
3. Pour the purée into an oiled 1 1/2 quart baking dish; mix in brown rice and raisins; bake for 1 hour.
4. Remove the pudding from the oven, sprinkle with more cinnamon and bake 10 minutes longer. Serve the pudding warm or at room temperature. Rice pudding becomes firmer as it cools.

Variations:

Use dried cranberries instead of raisins.

Add a cup of sunflower seeds or pumpkin seeds when you are adding the dried fruit.

For individual cups, bake for 70 minutes, remove from oven and immediately scoop into serving cups, then sprinkle with a dash of cinnamon. Allow to cool, or serve warm.