



Laura's Recipe Corner

Great Recipes from Laura McKay!

Dairy Free Rice Pudding

<http://www.raisingallergykids.com/2011/06/dairy-free-rice-pudding.html>

Modifications by Laura McKay, B.S., Health Educator

This is a Day 1 recipe for those following the Bon Appetit Rotation Diet.

Ingredients:

2 cups cooked jasmine rice
1-2/3 cup coconut milk
1/2 tsp vanilla extract
1/4 cup sugar
(use pure Stevia or Lakanto monk fruit sweetener if avoiding sugar)



Directions:

Place all ingredients in a saucepan.
Cook over medium heat for about 18 minutes or until mixture thickens.
Stir occasionally, about every 6 minutes.
Let sit a few minutes.
Serve with your favorite berries.

*For the holidays, you can serve in ramekins, sprinkle with cinnamon and add some sliced strawberries.
~Laura*

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