

Rice Pudding

Compliments of Julianne Taylor

Ingredients

½ cup Arborio Rice

¼ cup sugar (less is fine as well)

4 cups unsweetened vanilla almond milk

½ vanilla bean, split open (or 1tsp vanilla extract, added at the end)

1 bay leaf

Optional Add-Ins

Fresh or dried fruit

Peanut Butter

Protein powder

Coconut

Cinnamon

Directions

1. Combine all ingredients in a medium saucepan (if using vanilla extract, do not add yet)
2. Bring to a boil; reduce heat to a simmer
3. Simmer, stirring occasionally, for 30-40 minutes or until milk is thick and pudding is very viscous
4. Remove bay leaf and serve or chill. Can be eaten hot or cold.
5. Enjoy!