

Cauliflower Rice Pudding

Ingredients

- 1 cup of Unsweetened Almond Milk
- 1 cup of half and half
- ⅓ cup of stevia or monk fruit
- 1 teaspoon of Vanilla Extract
- 12 ounces of Cauliflower Rice, raw
- 3 Egg Yolks
- 1 teaspoon of Cinnamon, ground

Instructions

1. Place a saucepan over medium heat and add the almond milk, half and half, sweetener and vanilla. Mix well.
2. Bring to a simmer and add the cauliflower rice. Simmer uncovered for 10 minutes, then remove from the heat.
3. Add the egg yolks to a bowl and whisk together. Ladle a small amount of the rice pudding into the yolks while whisking to temper the eggs, whisk in a second ladleful.
4. Pour the egg mixture into the saucepan and whisk well. Place back over medium heat and simmer while stirring for 5 minutes.
5. Remove from the heat and sprinkle with cinnamon. Serve warm or cold.

1 cup of rice pudding = 2 vegetable servings and 1 fat serving

