



Brown Rice Pudding



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- 1 CUP BROWN RICE - COOKED
- 1/2 CUP MILK OF CHOICE (COW'S, ALMOND, SOY ETC)

OPTIONAL ADDITION

- SPRINKLE OF GROUND CINNAMON
- TEASPOON OF HONEY OR 100% PURE MAPLE SYRUP
- SPRINKLE SESAME SEEDS AND PEPITAS

AYUVERDIC BROWN RICE PUDDING

- 12 CUPS WATER
- 2 CUPS BROWN RICE
- 1 CUP HONEY
- 1/2 CUP BUTTER
- 2 TEASPOONS GROUND GINGER
- 2 TEASPOONS GROUND TURMERIC
- 2 TEASPOONS GROUND CINNAMON
- 1 TEASPOON CRUSHED CARDAMOM PODS
- 3/4 CUP SHREDDED COCONUT
- 3/4 CUP CURRANTS OR SULTANAS

- PUT ALL INGREDIENTS EXCEPT FOR COCONUT AND CURRANTS/SULTANAS IN A LARGE SAUCE PAN OR SLOW COOKER.

- COOK ON HIGH FOR 4 HOURS, OR LOW FOR 6 HOURS. STIR OCCASIONALLY IF COOKING IN A SAUCEPAN.

NUTRITION INFORMATION

HEALTH BENEFITS OF BROWN RICE

- COMPLEX CARBOHYDRATE. SLOWLY CONVERTS TO BLOOD GLUCOSE WHICH SUSTAINS ENERGY FOR THE BODY AND THE MIND.
- HELPS TO MANAGE CHOLESTEROL.
- PROMOTES MOVEMENT OF FOOD THROUGH THE DIGESTIVE TRACT.
- QUALITY SOURCE OF B GROUP VITAMINS.

HEALTH BENEFITS OF CINNAMON

- PROVIDES SWEETNESS WITHOUT SUGAR CONTENT
- PROMOTES SATIETY
- POWERFUL ANTIOXIDANT
- ANTI-INFLAMMATORY PROPERTIES

HEALTH BENEFITS OF SEEDS

- QUALITY SOURCE OF FIBRE
- RICH IN HEALTHY FATS
- CAN HELP TO REDUCE BLOOD GLUCOSE, CHOLESTEROL AND PRESSURE