

THREE SEASONS AYURVEDA



Cardamom Coconut Rice Pudding

8 small portions

Equipment Needed

1 small/medium pot
1 diffuser (Optional; available at Koontz Hardware in West Hollywood)



Ingredients

- 1 cup Uncle Ben's Rice
- 2 cups whole milk
- 2 cups coconut milk
- 1/2 cup sugar
- 1 tsp. ground cardamom or cinnamon (Optional)
- 1/4 - 1/2 cup dried fruit (Optional; currants work well)

Procedure

1. Place all ingredients in pot.
2. Bring to a boil, then reduce to a simmer.
3. If you don't have a diffuser, it is imperative to keep stirring to avoid burning.
4. Simmer for about 8 minutes; test the rice doneness. When rice is almost tender, remove from heat and pudding will finish cooking on its own.
5. Chill before eating.