

THREE SEASONS AYURVEDA



Candied Ginger Rice Pudding

8 small portions



Equipment Needed

1 small/medium pot

Ingredients

- 1-cup Basmati rice
- 2 1/2 cups almond milk
- 2 1/2 cups coconut milk
- 1/2 cup maple syrup
- 1/4 cup candied ginger
- * 1/4 cup diced dates
- * 1/4 cup powdered coconut
- * 1/2 teaspoon mineral salt

Procedure

1. Cut candied ginger and dates into 1/8" dice or shreds.
2. Place milks, rice, dates, ginger in pot and bring to a boil, then simmer for 8 minutes.
3. Fold in the coconut, add the salt and let sit covered to absorb remaining milk.
4. Serve warm or chill before eating.



Jeff Perlman is a Clinical Ayurvedic and Pancha Karma Specialist, Massage and Marma Therapist and AHG Registered Herbalist, a Certified Iyengar Yoga instructor, Certified IAYT & Ayuryoga Therapist and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com