



Rice pudding sugar free and vegan



Ingredients for 8-10 servings:

- 1.160gr almond milk or other plant or seed milk of your choice
- 80gr basmati rice
- 1/3 tsp vanilla bean powder
- 1/2 tsp cinnamon
- 300gr agave syrup or honey
- 25gr corn flour (2 heaped tbsp)



Instructions:

1. Put the 1kg of milk in a pot (set the rest 160gr aside in a bowl) together with the rice, cinnamon, vanilla and agave syrup and mix well. As soon as it starts to boil, place it over medium heat (mine is from 1-9, I turn it at 6) and let it boil for 13 mins for a crispy rice, or 15 mins for a soft rice texture.
2. At the end of your boiling time, mix the corn flour in the rest of the milk and pour it into your pot, stirring well until the cream thickens, it will take about a minute or so. Remove from the heat.
3. Pour the hot mixture in 8-10 glass bowls, depending on their size, and avoid plastic containers, as the heat produces unhealthy chemical compounds when it comes in touch with plastic, so it's good to avoid it if possible, or wait for your rice pudding to cool completely before pouring it into the plastic containers. When the pudding is completely cool, cover your bowls and preserve them in the fridge for about 3-4 days.
4. Serve with an extra sprinkle of cinnamon.

