

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Coconut Rice Pudding



- 1 14oz can whole coconut milk
- 1/2 cup brown rice, pre-soaked
- 2 Tbls raw honey or agave
- 1/8 tsp salt
- 1 tsp vanilla

12-24 hours before you want to make the pudding, rinse and place rice in a glass bowl and cover with warm water. Add 1 Tbls apple cider vinegar to the soaking water and let sit for at least 12 hours. Change your soaking water once during the soaking time.

Rinse and drain your rice and place in a medium sauce pan. Pour the coconut milk into a 4 cup measuring cup and add enough water to make 4 cups liquid. Add to the rice. Bring to a simmer

over medium heat, stirring often, then reduce heat to medium low. Cook for 22-25 minutes or until rice is tender but mixture is still loose. (It will thicken as it cools) Remove from heat and add honey, salt and vanilla. Top with cinnamon or toasted coconut flakes. Serve warm or chilled.