

Baked Breakfast Rice Pudding

Ingredients

- 1½ cups cooked organic brown rice
- 1½ cups of non-dairy milk and
- 1½ freshly pressed apple, pear or pineapple juice
- 1½ cups grated apple or Bosc pear (with skin)
- ¼ tsp. Celtic sea salt or Pink Himalayan salt
- ¼ tsp. vanilla powder (optional)
- ¼ tsp. coriander powder (optional)

Instructions

1. Preheat the oven to 350°F and line a 9x9 square or similar sized baking pan or casserole dish with parchment paper or grease lightly with organic liquid soy or sunflower lecithin
2. Place all the ingredients in a medium-size mixing bowl and stir well to combine.
3. Pour the batter into the prepared baking pan or casserole dish and bake covered for approximately 20 minutes and then for another 25 minutes uncovered.
4. Remove from the oven and allow to cool for 12-15 minutes before serving.

Tip: Serve with mixed berries or other fresh or dried fruit, nuts or seeds, and dollops of vegan yogurt. Use an unsweetened yogurt and berries if diabetic.

Servings: 2-4