

Comforting Rice Pudding

Makes 2-4 servings

1/4 Basmati Rice, white or brown
1 c Coconut Milk
1 T Ghee
2-3 pods Cardamom, or 1/4 t ground
1/4 t Cinnamon
1/8 t Ginger or Clove
6-8 Dates, pitted and chopped small
1/4 c Golden Raisins

Suggestions for Toppings:

Almond, Coconut or Plain Greek Yogurt
Toasted Coconut Flakes
Slivered Almonds
Toasted Sesame Seeds
Raw Honey
Cacao Nibs or Dark Chocolate Shavings

Rinse the rice in a colander until it runs clear. Melt the ghee in a sauce pan over medium heat. Add the spices and sauté for 1 minute. Add the rice and stir well to coat the grains completely. Slowly add 1 cup of boiling water and stir. Slowly stir in 3/4 cup coconut milk, maintaining a low boil. Stir, cover and reduce heat to medium low. After 20 minutes stir in the dates and raisins. Reduce to low heat and cook another ten minutes. Stir in the last of the Coconut Milk and serve warm with your favorite toppings.

VEDAWISE