



Makes 3 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

¾ cup sweet purple sticky rice

1½ cups unsweetened,
unflavored plant milk, such as
almond, soy, cashew, or rice

1 ripe banana, coarsely chopped

1 vanilla bean pod, split and
seeds scraped, or 1 Tbsp. pure
vanilla extract

1 kiwifruit, halved and sliced

½ cup sliced fresh mango,
kumquats, or pineapple

Easy Purple Sticky Rice Pudding

Purple sticky rice, a classic Thai dessert ingredient, is ideal for rice pudding. If you can't find purple sticky rice, you can use brown sticky rice, aka brown sweet rice. Top this pudding with tropical fruits like kiwi, mango, kumquats, and/or pineapple for an eye-popping treat that's healthy enough to have for breakfast.

From plants-rule.com

By Katie Simmons

- 1** In a medium saucepan combine rice, milk, banana, vanilla pod and seeds, and 1½ cups water. Bring to boiling; reduce heat. Cover and simmer about 25 minutes or until rice is tender. Remove lid; cook 1 minute more to “tighten” rice into a creamy pudding. Remove vanilla pod.
- 2** Serve pudding warm, chilled, or at room temperature. Top with fruit.