



Makes 3 cups
Preparation Time: 20 minutes
Cook Time: 55 minutes

INGREDIENTS:

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

1 cup dry brown rice

¼ cup chopped dates

¼ cup pure cane sugar or pure maple syrup

2 pinches saffron

1 tablespoon raisins

1 tablespoon slivered or sliced almonds, toasted

1 tablespoon roasted pistachios, chopped

1 teaspoon ground cardamom

Garnishes: few strands saffron, slivered or sliced toasted almonds, chopped roasted pistachios

Indian Brown Rice Pudding (Kheer)

Kheer is Indian pudding made by boiling milk with a starch such as rice, tapioca, or corn. This whole-food, plant-based recipe uses plant-based milk instead of dairy milk and brown rice instead of white. The result is an aromatic sweet pudding that is as healthful as it is heavenly.

By Darshana Thacker Wendel

- 1 In a large saucepan combine milk, rice, dates, sugar, and 1 cup water. Bring to boiling; reduce heat to low. Simmer, uncovered, about 45 minutes or until rice is completely cooked, stirring frequently. (The liquid should not be completely cooked off.)
- 2 Meanwhile, in a small bowl combine saffron and 3 to 4 Tbsp. hot water. Let stand 10 to 15 minutes.
- 3 Add saffron with soaking liquid, raisins, almonds, pistachios, cardamom, and ½ cup water to cooked rice. Cook 10 to 20 minutes more or until rice is creamy, stirring occasionally. Top servings with desired garnishes.