



Makes 6 puddings
Cook Time: 2 hours 30 minutes

INGREDIENTS:

FOR THE MIXED BERRY SAUCE

10 ounces strawberries, hulled (2 cups)
1 cup blueberries
1 cup raspberries
2 tablespoons pure maple syrup
½ teaspoon arrowroot powder

FOR THE RICE PUDDING

3 tablespoons chia seeds
1 tablespoon pure maple syrup
½ cup brown rice flour
8 dates, pitted and chopped
½ cup unsweetened applesauce
1½ teaspoons vanilla powder
½ teaspoon apple cider vinegar
⅛ teaspoon ground cinnamon
6 to 12 walnut pieces, for serving (optional)

Rice Pudding with Mixed Berry Sauce

Chia seeds undergo a remarkable transformation when soaked in water—they plump up and develop a jellylike coating, making them a wonderful textural addition to all sorts of dishes. If you have clear pudding cups or even cocktail glasses, these puddings make a beautiful presentation as you can see the layers of pudding, chia seeds, and deep purple-red berry sauce. Even in opaque ramekins, the layers present a lovely effect when you taste it, with creamy pudding, gelled yet crunchy chia seeds, and sweet-tart berry sauce combining with each bite.

From *The Forks Over Knives Plan*

Find this vegan rice pudding recipe and more cool dessert ideas in the *Forks Over Knives Recipe App*.

By Darshana Thacker Wendel

- 1 To prepare the mixed berry sauce, place the strawberries, blueberries, raspberries, maple syrup, and arrowroot powder in a blender or food processor. Blend until pureed, then transfer the mixture to a small saucepan.
- 2 Cook over medium heat until the sauce comes to a boil and thickens a bit, 4 to 5 minutes. Remove from the heat and transfer to a bowl. Let cool completely. For longer storage, transfer the sauce to an airtight container and store in the refrigerator for up to 1 week.
- 3 To prepare the rice pudding, place the chia seeds in a small bowl with 1 cup water and ½ tablespoon of the maple syrup. Set aside until the water has been absorbed and the seeds are gelatinous, 1 to 2 hours.
- 4 In a large saucepan, bring 5 cups water to a boil. While whisking continuously so that it does not form lumps, add the brown rice flour in a slow stream. Add the dates and cook over medium heat, whisking occasionally, until the mixture comes to a boil.
- 5 Stir in the remaining ½ tablespoon maple syrup along with the applesauce, vanilla powder, vinegar, and cinnamon. Simmer, stirring continuously, until the mixture thickens, about 20 minutes. If there are any lumps or if the dates are not completely cooked into the sauce, transfer to a blender or use an immersion blender to blend into a consistent creamy texture.
- 6 Divide the rice pudding evenly among 6 (10-ounce) clear ramekins or pudding cups. Place the ramekins on a small baking sheet and set in the freezer for 15 minutes.
- 7 Remove the ramekins from the freezer. Sprinkle about 2 tablespoons of the chia seeds on top of each and spread gently to cover the surface.
- 8 Place the ramekins back in the freezer until the top layer is set firm, about 20 minutes.

- 9 Remove the ramekins from the freezer and pour 2 to 3 tablespoons of the mixed berry sauce on top of each. Place in the refrigerator until ready to serve, or store, covered, for 3 or 4 days. Just before serving, place 1 or 2 walnut pieces on top of each pudding. Serve cold.