

Rice Pudding

1 cup brown rice
2 cups of water
½ cup raisins/ sultanas, soaked in water
4 tbsp raw honey or xylitol sugar
1 tsp ground cinnamon
½ tsp nutmeg
½ tsp ground cardamom or allspice

- Place the rice in water and bring it to a boil. Reduce the heat, cover the pan with a lid and simmer for 30min or until soft.
- Once the rice is cooked, add the rest of the ingredients* and bring to a boil again, mixing thoroughly. Remove from the heat and stir well.
- You can eat it hot or cold. This is also an excellent substitute for the breakfast porridge.

*If you use raw honey as a sweetener, add it **after** the pudding is ready and cooled off slightly. Always avoid heating raw honey to high temperatures.