



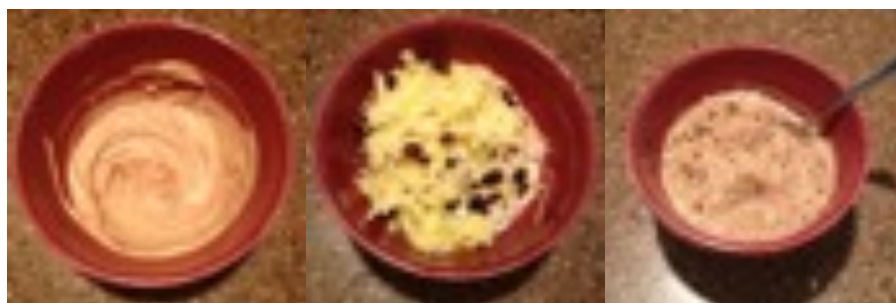
Not Your Nana's Rice Pudding

A comforting dessert is turned into a high protein post workout meal or delicious breakfast dish--a great substitute for the usual cereal and milk.

DO AHEAD TIP: Cook the brown rice. Make the night before and let the flavors mingle, meld, and marry in the refrigerator overnight.

Ingredients:

- 1 scoop protein powder
- 1/4 cup unsweetened almond milk, additional may be required
- 1 teaspoon vanilla
- 1/4 teaspoon stevia (optional)
- 3/4 teaspoon cinnamon, or to taste
- 1/2 to 3/4 cup pre-cooked brown rice
- 1/2 apple, cored and shredded
- 1 Tablespoon dried currants or raisins (optional)



Directions:

1. In a small bowl, blend with an electric mixer 1 scoop of protein powder, cinnamon, stevia, vanilla, and almond milk until a smooth, thick consistency like frosting (aka "protein fluff"). If too dry, add and blend 1 tablespoon of almond milk at a time.
2. Add the pre-cooked rice, shredded apple, and currants to the protein powder mixture. Stir until all ingredients are blended.
3. Enjoy it cold. If you like it hot, microwave 30-60 seconds. Stir and microwave for another 30-60 seconds.