

Sweet Potato Brown Rice Pudding JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 5 cups cooked brown rice (approximately 2 cups uncooked)
- 1 1/2 cups nut milk
- 1/2 cup chopped walnuts
- 1 banana mashed
- 1/4 cup brown rice syrup or real maple syrup
- 2 tsp pure vanilla extract
- 1/2 tsp ground nutmeg
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground cloves
- 1 cup cooked sweet potato puree
- 1 tbsp coconut oil to grease pan

Instructions:

1. I cook the brown rice and sweet potato ahead of time. For brown rice, simply follow the package instructions or just make sure you have a 2:1 ratio, water to brown rice when you cook it. The sweet potatoes are easily steamed for 20 minutes or roasted in the oven for 30-35 minutes at 350°F, just be sure to puree them in a food processor or blender.
2. Mix all the ingredients together in a large mixing bowl. Pour into a greased 8x8 baking dish and bake at 350°F for 35-45 minutes.
3. I like to top it with walnuts, coconut yogurt and a drizzle of raw honey!

Notes:

Makes 8-10 servings.