

## BAKED RICE PUDDING



**Tags:** [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

**Prep Time:** 10 Min

**Cook Time:** 60 Min

**Serves:** 6-8

**Directions:**

1. Cook 3/4 cup of white basmati rice which will yield a little more than 2 1/2 cups of rice.
2. Preheat oven to 350 degrees.
3. Coat a 1 1/2 quart baking dish with coconut oil or ghee to prevent sticking.
4. Mix the milk, dates, maple syrup, and spices in a blender until smooth.
5. Place the rice and raisins in the baking dish. Add the milk mixture and stir gently.
6. Bake until light brown skin has formed on the top, about 1 hour. Serve warm or at room temperature.

Can be kept refrigerated for 3 days & still maintain Prana or vital life force.

Reheat in a saucepan and you can add additional almond milk or ghee for moisture for reheating.

**Ingredients:**

3 cups of almond milk

1/3 cup of pitted dates chopped

3/4 cup maple syrup

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1 tsp ground cinnamon  
2 tsp cardamom  
Pinch of nutmeg  
2 1/2 cups of white basmati cooked rice (3/4 cup of dry rice)  
1/3 cup raisins  
coconut oil or ghee for coating

This recipe was adapted from one of my favorite cookbooks: [Heaven's Banquet](#) by Miriam Kasin Hospodar.

*Traditional Western rice puddings are prepared with short or medium grain rice, which is stickier and starchier than long-grain varieties and produces a more amalgamated result. Basmati rice produces a sumptuous, light pudding, and for those accustomed to cooking with it, short-grain rice will seem a little heavier and cruder. Here is a lighter version of the old classic, enhanced by the rich flavor and the energizing and nourishing value of dates. – Miriam Kasin Hospodar*