

Cauliflower Rice Pudding

Serves 1 ¼ cups servings

almond slivers (optional topping)
2 cups cauliflower rice (finely riced)
1 tsp cinnamon
1 can of coconut milk (full-fat is richer, light will also work)
coconut shreds (to taste, and as optional topping)
2 – 3 Tbsp coconut sugar or sweetener of choice
1/4 cup mango cubes
1/2 tsp vanilla extract



Directions

- In a medium sauce pan, combine cauliflower rice, coconut milk, cinnamon, vanilla, and coconut sugar.
- Cook, uncovered, over medium-high heat until cauliflower is tender and the rice pudding is thick.
- Stir in diced mango and coconut shreds, if desired.
- Serve warm, with almond slivers and coconut shreds as garnish.
- Enjoy!

Video: <https://www.youtube.com/watch?v=RCFkhvEeS1k>

Credit: <https://mindovermunch.com>