

Honey Rice Pudding with Spiced Blueberries

serves 6 • prep time: 10 minutes
total time: 40 MINUTES

4 cups (1 L) Compliments Balance Fat Free Fortified Soy Beverage
1 tsp (5 mL) vanilla
pinch salt
3/4 cup (175 mL) arborio rice
1/2 cup (125 mL) Compliments Organic 100% Pure Wildflower Honey
1 tbsp (15 mL) orange zest
1 tbsp (15 mL) sugar
1/2 tsp (2 mL) cinnamon
1/2 tsp (2 mL) ground cardamom
1 cup (250 mL) frozen Compliments Wild Blueberries
1 cup (250 mL) Compliments Organic Plain Stirred Yogourt
cinnamon

1 In medium saucepan, combine soy beverage, vanilla and salt. Bring to a simmer over medium heat. Stir in rice and simmer uncovered for 15 minutes, stirring occasionally. Add honey and simmer another 10 minutes, testing rice for doneness. Remove from heat and let cool to room temperature.

2 In medium bowl, combine sugar, orange zest, cinnamon and cardamom. Add frozen blueberries and toss gently.

3 Partially stir yogourt into rice pudding. Spoon into dessert bowls, top each with spiced frozen blueberries and garnish with a dusting of cinnamon.

Per serving: 260 calories, 8 g protein, 2.5 g fat, 53 g carbohydrates