



Tools Needed:  
Medium Saucepan  
Whisk

## Cardamom Scented Coconut Rice Pudding

(Serves 6) 230 Calories; 9.5g fat per serving

YUM! That's the three letter word for this dessert. So rich, creamy, and light? Yes, you do not have to give up flavor to have a deliciously light dessert! Keep it in the fridge overnight, and it will thicken. Makes a great breakfast treat!

½ cups Long Grain Rice (Jasmine or Basmati)

15 oz. can Lite Coconut Milk

2 cups Milk

½ C Florida Crystals Milled Cane Sugar

1 tsp. Vanilla Extract or 1 Vanilla Bean split lengthwise and seeds scooped out

1 tsp. Cardamom

¼ cup Pistachios, crushed

In a medium saucepan, add the rice, coconut milk, milk, sugar, vanilla extract or vanilla bean seeds, and cardamom. Whisk this mixture well. Bring to a boil. Reduce the heat to simmer, cover and cook for another 25-30 minutes. Occasionally whisk or stir the mixture until it has a creamy consistency and the rice is cooked through. Remove from heat and stir in the pistachios. This is best served warm, but may also be served cold.

©Recipe by: Tania Hayek Mercer

## Benefits:

**Coconut** – Yes, it is true that the fat in coconuts is 50% saturated fat. This fat is plant-derived (not animal), and is a medium chain fatty acid (MCFA), which is easily digested, absorbed, and put to use nourishing your body. In fact, this type of saturated fat is a very important building block of every cell in the human body - on the average, each cell membrane consists of 49% saturated fats. Coconut fat is also antiviral and antibacterial, and therefore can help fight the free radicals in your body. Coconuts have no cholesterol but do have cholesterol-lowering properties, which is a direct result of its ability to stimulate thyroid function.