



# Rose Rice Pudding

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan  
By: Cuisine l'Angélique

PORTIONS: 6  
PREPARATION: 10 MINUTES  
COOKING: 30 MINUTES

## INGREDIENTS

- 480 g (2 cups) water
- 10 to 12 dried rose buds\*
- 200 g (1 cup) jasmine rice
- 315 g (1 1/4 cups) plant-based milk substitute
- 105 g (1/3 cup) maple syrup
- 1 ml (1/4 tsp) salt
- 1 large egg, beaten (omit egg for vegan version)
- 250 g (1 cup) plant-based milk substitute

## PREPARATION

1. In a medium saucepan, bring water and rose buds to a boil. Add rice, cover and cook over low heat for 15 minutes. Remove from heat and let stand for 5 minutes. Remove the rose buds.
2. In another saucepan, combine cooked rice, 315 g (1 1/4 cups) plant-based milk substitute, maple syrup and salt. Cook over medium heat for about 10 minutes, stirring constantly, until thickened.
3. Add the beaten egg (omit the egg for the vegan version) and 250 g (1 cup) of plant-based milk substitute and cook again for about 2 minutes. Cover and let stand for about 15 minutes.
4. After this rest time, stir to check the texture (the mixture will have thickened again) and add a little plant-based milk substitute to obtain the desired consistency.
5. Delicious lukewarm or cold.



*I created this pudding to remind me of a sweet childhood memory, when I would sometimes go see our neighbors, who were from Egypt. They were the ones who introduced me to this combination of rose and rice pudding. This unique taste has never since left my mind. I'm happy to have you discover it as well!*

## TIP

\* Rose buds are available in the herbal tea section of health food stores. My favorite, as much for taste as for creaminess, is to make this pudding with homemade almond milk.

If you have a dehydrator, simply dehydrate the rose buds from your garden, they will keep in a glass jar for several months.

And above all... Don't forget to incorporate the rose buds into your herbal teas, they add an exceptional touch of delicateness!

## VARIATION

Omit the rose buds when cooking. Step 3, add 5 ml (1 tsp) of vanilla extract and raisins, to taste. Sprinkle your pudding with cinnamon or nutmeg when serving.

## NUTRITION FACTS

| Per portion            | 210 Calories |
|------------------------|--------------|
| Fat: 2,5 g             | 4 %          |
| Saturated 0,5 g        |              |
| Trans 0,1 g            | 3 %          |
| Polyunsaturated: 1 g   |              |
| Omega-6: 0,1 g         |              |
| Omega-3: 0 g           |              |
| Monounsaturated: 0,8 g |              |
| Cholesterol: 35 mg     |              |
| Sodium: 170 mg         | 7 %          |

|                    |      |
|--------------------|------|
| Carbohydrate: 40 g | 13 % |
| Fibres: 1 g        | 4 %  |
| Sugars: 11 g       |      |
| Protéines: 6 g     |      |
| Vitamin A          | 6 %  |
| Calcium            | 15 % |
| Iron               | 8 %  |
| Manganese          | 40 % |
| Riboflavine        | 25 % |
| Vitamin B12        | 30 % |