

Vanilla Pudding

Vanilla pudding and the flavor variations suggested are delicious when eaten plain or when topped with fresh fruit or Fruit Sauce. These puddings also make great fillings for pies, parfaits, trifles, cream puffs, and shortcake.

Combine 1 3/4 cups almond milk or rice milk, rice malt, and salt in a small saucepan. Sprinkle in kanten flakes and bring to a simmer over medium heat. Simmer 1 minute while stirring. Thoroughly dissolve kuzu in remaining 1/4 cup milk and add to saucepan while stirring briskly. Return to a simmer and cook 1 to 2 minutes. Remove from heat. Mix in vanilla and divide among four small dessert cups. Chill, uncovered, until firm (about 2 hours).

Preparation List:

Serves 4

- 2 cups Almond Milk or plain rice milk
- 1/2 cup rice malt
- 1/8 teaspoon sea salt
- 2 level tablespoons kanten flakes (agar-agar)
- 1 1/2 tablespoons crushed kuzu
- 1 teaspoon vanilla extract

VARIATIONS:

Lemon Pudding - Add 1 1/2 tablespoons lemon juice and 1 1/2 teaspoons lightly grated lemon zest along with the vanilla.

Berry Pudding: - Follow directions for Vanilla Pudding except blend 1 1/2 cups fresh raspberries or strawberries with the almond or soymilk before heating, and reduce amount of vanilla to 1/2 teaspoon.