

ARROZ CON LECHE RICE PUDDING



DIRECTIONS:



INGREDIENTS:

- 4 scoops Birthday Bliss Glam Pro
- 4 cups unsweetened soy or pea milk
- 1/2 cup uncooked rice
- 3 egg yolks
- 1 tbsp cinnamon

1. In a medium sauce pan add milk, rice, and 3 scoops of Glam Pro
2. Mix well and cook over medium-high heat for 15-20 minutes while mixing. The mixture should not be allowed to boil
3. Towards the end of the cooking time the mixture should resemble a pudding consistency. Lower heat to a simmer
4. In a small bowl mix egg yolks and 1 scoop of Glam Pro, ensure there are no clumps
5. Add egg yolk mixture and mix to combine well, cook on low for an additional 2 minutes
6. Separate mixture into 4 containers and top with cinnamon (you may mix the cinnamon if you wish)
7. Refrigerate pudding, serve cold.
Enjoy!

Makes 4 serving | 1 Serving = 3/4 - 1 cup
Calories: 275 | Protein: 26 g | Carb: 24 g | Fat: 8 g | Fiber: 2 g