



Caraway Pudding Reinvented

Best recipes from
Levantine grandmothers
for nursing moms and all
families around.

Nutrition Facts Per Serving: Calories 478, Protein 12g, Carbs 87g, Fat 27g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 15 min



INGREDIENTS

Ground Caraway
Organic Rice Powder
Monk Fruit Sugar
Dry Coconut
Raw Pistachios Slivers

Raw Almond Slivers
Walnuts
Pine Nuts
Raw Cashews
Cinnamon

METHOD

1. Put the caraway-rice powder mix in a saucepan away from heat & whisk to homogenize.
2. Add room temperature water (1000 ml for 2 people, 2000 ml for 4 people 3000 ml for 6 people and so on).
3. Whisk on the cold until well homogenized.
4. Place over medium heat and keep whisking to avoid sticking.
5. When the mixture is bubbling, reduce heat to low, add the monk sugar-cinnamon mixture & keep whisking until thick.
6. Remove from heat & pour quickly into serving cups.
7. Start garnishing by sprinkling a layer of desiccated coconut topped with the nuts.
8. Serve immediately as this pudding is traditionally served hot.
9. Leftovers can be refrigerated for up to 3 days. Pudding will thicken when cooled & flavor will intensify, so to reheat, just add a little water and heat on medium heat stirring till bubbly.

