



Rice Pudding

Ingredients:

- 2 Ideal Protein ready-to-serve vanilla pudding cups
- 2 cups cauliflower rice
- 5 tbsp Ideal Protein maple flavored syrup
- 2 tsp vanilla extract
- 2 tsp cinnamon

Directions:

Pass your cauliflower through a blender until chopped in fine pieces. Place the cauliflower in the microwave for about two minutes. In a medium sized bowl, mix together cooled cauliflower rice, one ready-to-serve vanilla pudding cup, vanilla extract, cinnamon and 1 tbsp of maple flavored syrup.

In four dessert cups, layer rice mix, Ideal Protein maple flavored syrup (1 Tbsp each) and finally separate your second vanilla pudding cup into your four dessert cups. Place in the freezer for 30 minutes or until extremely cold or almost frozen and serve.