

Sticky Rice & Black Eyed Peas Pudding

6 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Dry Black Eyed Peas (soaked overnight, drained and rinsed)
1/3 cup White Glutinous Rice (dry, rinsed and drained)
2 1/2 cups Water
1/4 tsp Sea Salt
2 tsps Tapioca Flour
2 cups Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

Calories	276	Carbs	28g
Fat	15g	Protein	8g

DIRECTIONS

- 01 In a large pot, cover the black eyed peas with a few inches of water and bring to a boil. Lower to a simmer, cover and cook for 20 minutes or until beans are cooked. Drain and set aside.
- 02 Meanwhile in a separate pot, add the glutinous rice, water, and salt. Place over medium-high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and cook for 10 to 15 minutes.
- 03 In a small bowl, whisk together the tapioca flour with a splash of water to form a slurry. Stir it into the rice pudding then add the cooked black eyed peas. Cook for another 10 minutes, or until your desired consistency is reached. Stir often.
- 04 Divide the pudding into bowls and top with the coconut milk. Enjoy!