



Cauliflower Rice Pudding

Ingredients:

- 1 Diet Right Vanilla pudding with 4oz water
- ½ cup rice cauliflower – cooked, chopped and cooled into rice size pieces (pulse in a blender and pulse for best results)
- 1 teaspoon vanilla (optional)
- Cinnamon, to taste
- Nutmeg, to taste (optional)

Directions:

1. Add pudding, cauliflower, and flavorings (you can use any extract flavors you like – maple, orange, strawberry).
2. Mix well and place in refrigerator until well set.
3. Top with Walden Farms caramel sauce, strawberry spread or with a simple dash of cinnamon if you like!

Servings: makes 1 serving.

Each serving = ½ cup select vegetables, 1 protein product.

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