

Moroccan Rice Pudding



Ingredients	Quantity	Your recipe
Carbohydrate-free rice e.g. Slim Rice®	150g	
K•Flo™	125g	
Cardamom pods	3 pods	
Almond essence	½ tsp	
Double cream e.g. Morrison's or Tesco	34g	
Water	20g	
Sweetener, granulated e.g. Sukrin Gold®	5g	
Cornflour	3g	
Allspice, ground	1 pinch	
Pistachio nuts, kernel only, chopped	5g	
Coconut, toasted flakes e.g. Tesco	5g	
Topping		
Pomegranate, flesh and pips	10g	
Pistachio nuts, kernel only, chopped	5g	
Coconut, toasted flakes e.g. Tesco	5g	

Method:

1. Preheat the oven to 180°C/356°F/Gas mark 4.
2. Prepare carbohydrate-free rice - drain the water and wash the rice as per instructions on pack and set aside.
3. Pour **K•Flo™** into a saucepan, add cardamom pods and almond essence, cook on a low heat for 2 minutes.
4. In a bowl combine the cream, water, cornflour and sweetener.
5. Add the cream mixture to the saucepan with **K•Flo™**, cook on a medium heat, gently stirring for approximately 2 minutes, until the sauce thickens.
6. Add carbohydrate-free rice to the saucepan, cook for a further 2 minutes.
7. Using a spoon, remove the cardamom pods and stir in the allspice, pistachio nuts and toasted coconut.
8. Divide equally into two ramakins, place on a baking tray and bake in the oven for 30 minutes.
9. Set aside the ramekins to cool slightly for approximately 10 minutes, when ready to serve sprinkle the coconut, pistachio and pomegranate on the top.



Always check with your dietitian what is suitable for you

- Can be served cold, allow the rice pudding to cool to room temperature following baking, cover and place in the fridge to chill until ready to serve.

K•Flo™ is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.