

Orange Pudding

This recipe is featured on my DVD. I am making it weekly right now. My daughter Jolie and I love it!! We eat it for breakfast but also as a snack. I am sure it would be great using lovely autumn squashes in place of the sweet potatoes...

Approximately: (I don't measure!!)

- 1 cup of cooked brown rice**
- 2 dark fleshed sweet potatoes**
- 1 to 2 cups soymilk, or rice milk etc...**
- 1-2 tsp cinnamon**
- 1-2 tsp nutmeg**
- 1-2 tsp vanilla**
- 1 package Stevia or 1-2 Tbs. Pure maple syrup (optional)**

I rinse off the sweet potatoes and stick 'em in the oven for an hour. Check to make sure some brown sticky juices have oozed out somewhere, that's how I know they are done. I don't bother pricking holes or wrapping in foil... I do use a stone-baking sheet so the juices don't end up on the bottom of my oven. When the potatoes are cooled the peel will come right off!

I pour in my brown rice and water into my lovely \$100 William Sonoma rice cooker and when the rice is perfect the little light tells me it will just keep it warm for me!

Place your cooked rice and sweet potatoes into a food processor. Blend, adding the soymilk to your desired consistency. Add the other ingredients to your liking.

Enjoy hot, warm or chilled.