

# FIXATE RECIPES

## BROWN RICE PUDDING

Serves: 4 (approx. ½ cup each)



Total Time: 10 min.

Prep Time: 6 min.

Cooking Time: 4 min.

1 cup / 195 g	cooked brown rice	2 Tbsp.	chia seeds
⅔ cup / 160 ml	canned light coconut milk	2 Tbsp.	pure maple syrup
½ cup / 120 ml	water	½ tsp.	pure vanilla extract
3 Tbsp.	golden raisins	¼ tsp.	ground cinnamon

1. Add rice, coconut milk, water, raisins, chia seeds, and maple syrup to a small saucepot over medium-high heat; bring to a gentle boil. Gently boil, stirring occasionally, for 3 to 4 minutes, or until pudding is thick and creamy.
2. Remove from heat; add extract and cinnamon. Stir to combine. Serve warm.

### Nutritional Information (per serving):

Calories:	159	Cholesterol:	0 mg	Fiber:	4 g
Total Fat:	4 g	Sodium:	11 mg	Total Sugars:	11 g
Saturated Fat:	2 g	Carbohydrates:	27 g	Added Sugars:	6 g
				Protein:	3 g

### PORTION FIX Container Equivalents (per serving)

(REG) ½ 1 ½

(VEGAN) ½ 1 ½

### THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

½ 1 ½

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.