



Weight Loss Done Right!

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!