



Recipe Details

Recipe Name - Breakfast Rice Pudding with Blueberry Sauce

Recipe Steps -

Ingredients

For rice Pudding-

- 1 cup brown rice
- 1 tsp vanilla
- 1/2 cup date paste
- 2 Tbsp ground flax

For the Blueberry sauce -

- 1 cup frozen blueberries
- 1/4 cup water

Instructions

- 1) Add all rice pudding ingredients to the instant pot
- 2) Using the porridge mode, set the instant pot to 20 minutes
- 3) Slow release 10 minutes
- 4) While the pudding cooks, place blueberries and water in a small saucepan
- 5) Allow the blueberry mixture to cook for a few minutes while you mash the berries a bit with a potato masher or spoon
- 6) After the slow release on the instant pot is complete, enjoy the rice pudding with a drizzle of blueberry sauce

