

Coconut Gaba Rice Pudding

Gaba is known to create a calming effect, helping to reduce stress, anxiety, and improve sleep.

4 Servings

Ingredients

- 1 cup Gaba Rice (*soaked in water overnight in the fridge*)
- 2 cups Milk
- 1 14oz canned Coconut Milk
- 1/2 cup Sugar
- 1/2 cup Desiccated, Unsweetened Coconut
- 1/2 Vanilla Bean, split and scraped
- Fresh Strawberries, sliced

Instructions

- Drain the rice from the soaking liquid and place it in a heavy bottom sauce pot.
- Add the milk, coconut milk, sugar, coconut, and vanilla bean. Bring the pot to boil over high heat, stirring occasionally.
- Simmer the rice for 1 hour or until completely tender.
- Transfer the cooked mixture to a container and chill, refrigerated, overnight to set the pudding.
- When ready, remove the vanilla bean pod and serve with fresh sliced strawberries.