

CAULIFLOWER RICE PUDDING

INGREDIENTS

- 1 tsp. gelatin with $\frac{1}{4}$ cup water
- 1 Ideal Protein Vanilla Pudding
- 6 oz. water
- 2 Cups of riced cauliflower - cooked
- 1-2 pkt. Truvia
- 1 tsp. Vanilla extract
- Cinnamon & nutmeg - to taste



PREPARATION

1. Mix gelatin with water, add pudding, cauliflower and flavorings (use any extract flavorings you like - maple, orange, strawberry etc.)
2. Mix well and put in refrigerator till set.
3. Sprinkle a dash of cinnamon or nutmeg or top.
4. Serve and enjoy!

