



Baked Apples & Spiced Rice Pudding

This warming wintry dish is flavoursome and satisfying.

Ingredients - makes 4 portions

- 4 large apples
- 60g short grain white rice
- 200ml coconut milk
- 2 tbsp coconut sugar, or other sugar
- 80ml plant milk
- 2 tbsp mixed dried fruit, such as cranberries, sultanas
- ½ tsp orange zest
- ½ tsp vanilla essence
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 tbsp finely chopped nuts
- A little maple syrup

Method

- Heat your oven to 180°C/Gas mark 4.
- Cut the top off each apple. Using a spoon dig out the flesh of the apples, creating an apple 'bowl'. Bake for 15-20 minutes until the apples are cooked through.
- Finely chop the apples flesh, removing any seeds or stem. Put the apple in a saucepan with the rice, coconut milk, sugar, milk, fruit, zest, vanilla essence and spices. Bring to the boil then lower to a simmer. Simmer for 15-20 minutes until the rice is cooked through and the rice pudding has thickened.
- Add half the chopped nuts to the rice pudding. Mix in and spoon the mixture into the 4 apple bowls.
- Top each apple in the remaining chopped nuts. Place on a serving plate with a drizzle of maple syrup. Enjoy!

Nutritional Benefits

Apples are high in pectin and slow release sugars which can help balance energy.

With special thanks to chef student Simona Cappeddu