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Creative Rice Pudding

Ingredients

- 1 cup cooked basmati rice
- 2 cups skim milk
- 2 scoops vanilla protein powder (try to find a brand that doesn't taste like powdered chicken feet, and depending on the brand, you might add some Trans-Plex Sweet-n-Up to get the desired sweetness).
- 2 tablespoons sugar-free instant Jell-O vanilla pudding

Directions

1. On medium-low heat, simmer the cooked rice in milk for 20 minutes or so, until rice bulks-up, cover and cool for a few minutes, then add the protein powder (and Trans-Plex Sweet-n-Up if necessary), and a dash of salt, stir, cover and put in fridge until it cools.
2. Add Jell-O mix to cooled mixture, whip, and you're all set.