



EVERYTHING HERBAL

by Cheryl Jabz ♥

PLANT • NOURISH • THRIVE

Cinnamon RICE PUDDING

SUGAR FREE

Creamy, cozy, and perfectly spiced! This Cinnamon Rice Pudding is sugar free, made with wholesome ingredients and naturally sweetened. A comforting classic you can feel good about enjoying.

SUGAR
FREE
Naturally
Sweetened!

DOWNLOAD
THIS RECIPE

Thanks for
Supporting
Herbal Wellness!

WARMING
COMFORT
SWEETNESS
WITHOUT
SUGAR

INGREDIENTS

- 1 cup uncooked white rice (short or medium grain)
- 4 cups unsweetened almond milk (or milk of choice)
- 1/4 cup unsweetened coconut milk (or heavy cream)
- 1/3 cup monk fruit sweetener (or to taste)
- 1 tsp vanilla extract
- 1–2 tsp ground cinnamon (plus extra for topping)
- Pinch of sea salt

OPTIONAL ADD-INS:

- 1/4 tsp nutmeg
- 1/4 cup chopped nuts or raisins (sugar free)



DIRECTIONS

- 1 Rinse rice under cold water until water runs clear. Add rinsed rice and 4 cups almond milk to a medium saucepan.
- 2 Bring to a gentle boil over medium heat, stirring occasionally.
- 3 Reduce heat to low, cover, and simmer 25–30 minutes, stirring often, until rice is tender and most of the liquid is absorbed.
- 4 Stir in coconut milk, monk fruit sweetener, vanilla extract, cinnamon, and salt.
- 5 Continue simmering uncovered for another 5–10 minutes, stirring, until pudding becomes creamy.
- 6 Taste and adjust sweetness and cinnamon to your liking.
- 7 Remove from heat and let cool slightly. Pudding will thicken as it cools.
- 8 Serve warm or chilled. Sprinkle with extra cinnamon if desired. Enjoy!



CHERYL'S TIP

For extra creaminess, stir in a little more coconut milk. Chill for at least 2 hours for the best texture and flavor!

HERBAL HIGHLIGHTS



CINNAMON

Traditionally used to support healthy blood sugar levels, digestion, and circulation.*



RICE

A gentle, easy-to-digest grain that provides sustained energy and comfort.



ALMOND MILK

Naturally dairy free, low in calories, and a good source of vitamin E.



SUGAR
FREE



LOW
CALORIE



GLUTEN
FREE



DAIRY
FREE



GUILT
FREE



Made with Love, Nature & Herbs

Simple ingredients. Powerful benefits.
Made for you and your family. ♥

PERFECT FOR:

- ♥ Healthy Desserts
- ♥ Meal Prep
- ♥ Family Treats
- ♥ Cozy Evenings
- ♥ Low Carb Diets
- ♥ Guilt-Free Indulgence

SCAN ME

FOR MORE HERBAL
RECIPES & TIPS!



www.EverythingHerbalbyCherylJabz.com

Bringing the Power of Herbs to Your Kitchen and Your Life!

THANK YOU!