

Dessert

Coconut Rice Pudding with Mango

5 Mins
Prep Time

40 Mins
Cook Time

6
Servings

 **220 Calories** **7g Fat** **36g Carbs** **3g Protein**



Ingredients

 **6 Servings**  **45 Mins Total Time**  **Allergens: Nuts**

1 $\frac{3}{4}$ Cup Water

1 Cup Dry Jasmine Rice 

$\frac{1}{3}$ Cup Unsweetened Coconut Flakes

1 (13.5 oz) Can Lite Coconut Milk

1 $\frac{1}{2}$ Cup Frozen Mango Pieces 

1 Tsp Vanilla Extract

2 Tbsp Coconut Sugar

Allergen Swap

Nuts Though coconuts are technically a fruit, some people with tree nut allergies may be sensitive to coconut. Avoid this recipe if you have a tree nut allergy.

Nourishment Note



Mango

Mango has anti-inflammatory properties that may lower the inflammation associated with IBD. It may also be a well-tolerated fruit during a flare.



Refined grains

Refined grains, like white bread, rice, crackers, pasta and noodles, have less fermentable fiber and may be better tolerated by someone experiencing a flare.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 375 °F.

3. Bring Water To Boil

Add the water to a medium saucepan and bring to a boil. While water is heating, add rice to the colander and rinse in the sink until the water runs clear.

4. Cook Rice

When the water in the saucepan is boiling, add the rinsed rice, cover and reduce heat to a simmer. Simmer on low for 15-20 minutes. When rice is cooked, remove lid and fluff with a fork. Set aside.

5. Toast Coconut Flakes

While the rice is cooking, place a sheet of parchment paper on a baking sheet and spread coconut flakes in an even layer. Toast for 2-3 minutes in the oven, watching closely as coconut can quickly burn!

6. Heat Coconut Milk

In another saucepan, heat the coconut milk. Stir in the coconut sugar and vanilla and heat throughout.

7. Pour Mixture Over Rice

Pour the heated coconut milk mixture over the rice. Stir in half of the toasted coconut and mix well. Cover and allow to sit for 15-20 minutes.

8. Serve & Enjoy

When ready to serve, scoop rice pudding into bowls and top with ¼ cup frozen mango and toasted coconut flakes. Enjoy!

9. Wash Hands

Wash hands with soap and water.

What You'll Need



Measuring Cups



Measuring Spoons



Fork



Saucepans (2)



Spoon



Colander



Parchment Paper



Baking Sheet



Can Opener

Remission Remix

- Top with a variety of tropical fruits, like pineapple, papaya or kiwi.

Recipe adapted from [Food and Nutrition Magazine](#)