

Blueberry Cream of Rice Cereal (*Gluten Free*)



PREP TIME:
0 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- $\frac{3}{4}$ Cup Water (*can also use a non-dairy milk in place of water for creamier texture*)
- $\frac{1}{4}$ Cup Cream of Rice
- Pinch of Himalayan Sea Salt
- $\frac{1}{2}$ Cup Organic Blueberries
- $\frac{1}{4}$ Cup Coconut Yogurt – **Recipe:** <https://christihealthcoach.com/clean-coconut-yogurt/>
- $\frac{1}{2}$ TSP Pure Vanilla Extract
- $\frac{1}{2}$ TSP Organic Cinnamon Plus More for Final Sprinkling
- 1 TBSP Organic Pumpkin Seeds

Instructions:

1. Combine water, rice and salt in pot. Heat to medium and cover with lid – simmer about 6-8 minutes.
2. Add vanilla and cinnamon – mixing until combined. Add splash of water or non-dairy milk if needs it while cooking.
3. In the meantime, place pumpkin seeds on small sheet of foil (spray foil lightly).
4. Place in toaster oven for 1 $\frac{1}{2}$ - 2 minutes watching closely so does not burn.
5. When cream of rice is done cooking, scoop into serving bowl and then top with yogurt, blueberries and pumpkin seeds. Sprinkle with some cinnamon.

***Try and use all organic ingredients if possible.**