

Cream of Rice: Homemade Vegan Gluten Free Cereal

Ingredients

- ½ cup white rice
- 1 tbsp. vegan butter (optional)
- 2 cups soymilk (or any other plant-based milk, or just water)
- Pinch of salt

Steps

1. Place the rice in a blender or spice grinder, and blend until the texture of a course cornmeal- make sure not to blend too much, or you'll end up with rice flour.
2. Melt the vegan butter in a medium saucepan, and add the ground rice. Stir to coat the rice in the butter, and then add about ½ cup of the soymilk. Stirring well to avoid clumping, continue heating the mixture on a medium heat, adding the milk about ½ cup at a time and letting it absorb. You may want a little less or more milk depending on your desired consistency, so take it slowly.
3. Cook for a total of around 15 minutes, stirring frequently. Once you taste it and it's soft and creamy, and any larger bits of rice have lost their bite, remove from the stove and serve warm. Top with your favorite toppings, such as vegan butter, brown sugar, maple syrup, cinnamon, dried fruits, nuts, fresh fruits, or even chocolate chips.

