

MACROBIOTIC AND VEGAN RECIPE FOR LIGHT LEMON PUDDING

Preparation time: 15 minutes.

Cooking/cooling time 60+ minutes.

Serves 5 - 6.

Suitable for macrobiotic, vegetarian, vegan, low fat diets.

INGREDIENTS

1 1/2 cup apple juice
3 tablespoons lemon juice
1 1/2 teaspoons grated lemon peel
1 teaspoon vanilla
3 tablespoons agar flakes
3 tablespoons Kuzu (kudzu)
500g plain Amasake (rice drink)
pinch of salt
1 tablespoon rice syrup (optional)

PREPARATION

1. Heat the agar, lemon peel, apple juice and Amasake, in a saucepan.
2. Simmer 5 minutes until the agar has dissolved.
3. In a separate bowl, mix lemon juice with kuzu until dissolved and add to saucepan, and stir until it thickens.
4. Add vanilla and salt, and stir in.
5. Cool the mix briefly and pour into a bowl, or 5 - 6 individual serving dishes.
6. Place in fridge and allow to set for 1 hour before serving.

This Macrobiotic Vegetarian and Vegan recipe brought to you by www.earthnaturalfoods.co.uk, suppliers of high quality macrobiotic gluten free and wheat free foods in London.

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