

Macrobiotic Recipe of the Month - August 2009

This is my friend, Lisa Silverman's beautiful rendition of Patricio Garcia De Padres' Almond Pudding. Lisa brought this dessert to my potluck last Tuesday evening and said she used the recipe from the Kushi Institute Summer Conference Program Guide. Lisa, Tom and I attended the conference together.

ALMOND PUDDING

3 cups plain soymilk
3/4 cup rice syrup
1 teaspoon agar flakes
Pinch of sea salt
1 Tablespoon of kuzu or arrowroot powder,
dissolved in a little water
1/4 cup smooth-roasted almond butter
4 Tablespoons of pure maple syrup diluted
with a little water
1 cup assorted berries, such as blueberries
and raspberries, rinsed
Fresh mint, for decoration



Place soy milk, rice syrup, agar and salt in a pot. Slowly bring to a boil over a medium flame, stirring frequently so that it doesn't burn.

Lower flame to very low and add diluted kuzu little by little while stirring to prevent lumps. Place almond paste in a bowl with a little soy milk mixture. Add back to pot and cook while stirring for 2 to 3 minutes.

Transfer mixture to individual cups and set aside to cool. Refrigerate a little before serving. Serve with a little maple syrup, berries and mint.

This recipe makes 5 servings. (Lisa tripled it.)

Enjoy! ~Meg

For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com.