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Description

Indulge in a cozy, nostalgic dessert that warms you from the inside out with every spoonful. This healthy take on classic Baked Rice Pudding features a velvet-smooth, aromatic custard spiced with cinnamon and vanilla, delivering rich, creamy comfort without the usual carb overload. Thoughtfully crafted to fit low-carb SEO keywords like high-protein dessert, low-carb comfort food, and keto-friendly breakfast, this recipe proves you can satisfy your sweet tooth while keeping your fitness goals completely on track.

Can This Low-Carb Baked Rice Pudding Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by transforming a traditionally carb-heavy treat into a low-calorie, high-protein dessert. By using protein-rich base ingredients and low-glycemic rice alternatives like riced cauliflower or konjac rice, it provides steady energy without causing rapid blood sugar spikes. The high protein content boosts satiety, helping to curb late-night sweet cravings and keeping you feeling full for longer periods.

Does Low-Carb Baked Rice Pudding Fit a High Protein Lifestyle?

This baked pudding fits seamlessly into a high-protein lifestyle, supplying roughly 18 grams of quality protein per serving while keeping net carbs remarkably low at around 5 grams. Crafted with a blend of whey or casein protein powder, eggs, unsweetened almond milk, and a pinch of spice, it transforms an indulgent classic into functional fitness fuel. It serves as an ideal post-workout treat or a satisfying evening snack that supports muscle recovery without disrupting daily macronutrient targets.

My Personal Experience

- Comfort Food Reimagined:

Delivers that authentic, slow-baked custard texture and cozy cinnamon warmth without the heavy feeling of traditional white rice.

- Effortless Meal Prep Solution:

Bakes easily in individual ramekins, making it simple to grab a pre-portioned, high-protein dessert straight from the fridge all week.

Perfect For:

- High-protein desserts and guilt-free late-night snacks
- High-protein breakfast alternatives on chilly mornings
- Keto diet plans and low-carb meal prepping
- Post-workout sweet treats that support recovery

Why You'll Love This Recipe:

- Silky, Custard-Like Texture:

Bakes into a thick, comforting pudding with a golden nutmeg crust that melts delightfully in your mouth.

- **Macros-Friendly Indulgence:**

Packed with clean protein and healthy fats to satisfy sweet cravings while keeping net carbs to an absolute minimum.

- **Minimal Hands-On Prep:**

Requires simple whisking and baking, letting your oven do all the hard work while your kitchen fills with sweet spices.

Common Mistakes to Avoid:

1. **Baking at too high a temperature:** High heat curdles the egg mixture; bake at a low temperature to ensure a silky, smooth custard base.
2. **Over-baking the pudding:** Leaving it in the oven until completely solid makes it dry; pull it out when the center still has a slight wobble.
3. **Using unflavored or harsh protein powder:** Low-quality powders can ruin the texture; use a fine vanilla whey-casein blend for the creamy finish.
4. **Skipping the resting time:** Cutting into or eating the pudding immediately out of the oven prevents the custard from setting properly.

Required Equipment:

- **8×8-inch Baking Dish or Ramekins:** Ensures uniform heat distribution so the pudding bakes into a smooth, thick custard.
- **Whisk:** Blends the eggs, protein powder, and milk smoothly without leaving powdery lumps.
- **Fine-Mesh Strainer:** Helps drain any excess moisture from the riced cauliflower or konjac

rice before mixing.

- **Measuring Cups & Spoons:** Guarantees precise macronutrient ratios and perfect spice balance.

Storage Instructions:

Cover leftover baked rice pudding with plastic wrap or transfer to airtight glass containers. Store in the refrigerator for up to 5 days, or freeze individual portions in freezer-safe containers for up to 1 month. Reheat gently in the microwave or enjoy cold directly from the fridge while maintaining its high-protein integrity.

Recipe Details

- **Preparation Time:** 15 minutes
- **Cooking Time:** 40 minutes
- **Total Time:** 55 minutes
- **Servings:** 4 servings
- **Best Season for This Recipe:** All-season (Especially comforting in Fall & Winter)
- **Total Calories (Per Serving):** ~210 kcal (Approximate estimate)

Description

A rich, warm, high-protein baked rice pudding made with spiced custard and low-carb rice alternative. Delivers nostalgic comfort, low net carbs, and muscle-fueling nutrition in every creamy bite. Ideal for low-carb breakfast or dessert.

□ Ingredients:

- Riced Cauliflower or Konjac Rice: 2 cups (approx. 220g) (*Note: If using riced cauliflower, steam and squeeze out all excess liquid first*)
- Unsweetened Almond Milk: 1.5 cups (360ml)
- Vanilla Whey-Casein Protein Powder: 2 scoops (60g)
- Large Eggs: 2 whole eggs
- Granulated Erythritol or Allulose: 3 tbsp (36g) (*Adjust to desired sweetness*)
- Heavy Cream or Full-Fat Coconut Milk: 1/4 cup (60ml)
- Vanilla Extract: 1 tsp
- Ground Cinnamon: 1/2 tsp
- Ground Nutmeg: 1/8 tsp (for dusting)
- Pinch of Salt: 1/8 tsp

Directions:

1. Preheat & Prepare: Preheat oven to 325°F (165°C) and lightly grease an 8×8-inch baking dish or 4 individual oven-safe ramekins.
2. Prep Rice Base: Steam riced cauliflower or rinse konjac rice thoroughly; drain completely using a fine-mesh strainer or cheesecloth to remove excess water.
3. Whisk Custard Base: In a large bowl, whisk together eggs, almond milk, heavy cream, vanilla extract, erythritol, ground cinnamon, and salt until smooth.
4. Incorporate Protein: Slowly whisk in the vanilla protein powder until completely dissolved

without clumps. *(High-protein tip: A whey-casein blend yields the thickest, creamiest baked custard structure).*

5. Combine & Bake: Stir the drained rice base into the custard mixture, pour into the prepared baking dish, and dust the top lightly with ground nutmeg.
6. Bake Low & Slow: Bake at 325°F (165°C) for 35–40 minutes until the edges are set and the center has a gentle, subtle wobble.
7. Cool & Set: Remove from heat and let cool for 15 minutes at room temperature to allow the custard to fully thicken before serving warm or chilling.

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 11 g
- Cholesterol: 110 mg
- Sodium: 220 mg
- Potassium: 260 mg
- Total Carbohydrates: 8 g
- Fiber: 3 g
- Net Carbs: 5 g
- Sugars: 1.5 g
- Protein: 18 g
- Calcium: 180 mg

Notes:

- **Storage Tips:** Keep glass containers tightly sealed in the fridge so the pudding retains its creaminess without absorbing lingering fridge odors.
- **Reheating Instructions:** Microwave individual portions on high for 30–45 seconds, or warm in the oven at 300°F (150°C) for 10 minutes.
- **Allergy Notes:** Contains eggs, dairy, and tree nuts (almond milk). Use oat milk or soy milk and dairy-free protein for allergen swaps.
- **Flavor Boosts:** Top with a tablespoon of chopped pecans, sugar-free caramel drizzle, or a sprinkle of toasted coconut flakes.