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Description

Indulge in a cozy, slow-cooked dessert that fills your kitchen with warm cinnamon spice and rich, aromatic sweetness. This high-protein, low-carb cinnamon raisin rice pudding transforms simple ingredients into a velvety treat with a comforting, creamy texture. Perfect for meal prep, it allows you to enjoy a guilt-free low-carb high-protein breakfast or dessert without compromising on taste.

Can This Slow Cooker Cinnamon Raisin Rice Pudding Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by leveraging high-protein ingredients like protein powder and ultra-filtered milk to boost satiety and keep full feelings lasting longer. Replacing traditional high-glycemic white rice with cauliflower rice or low-carb konjac rice significantly reduces calorie density and net carb intake. This balance helps minimize blood sugar spikes, making it easier to stick to a calorie-controlled eating plan while enjoying a sweet treat.

Does Slow Cooker Cinnamon Raisin Rice Pudding Fit a High-Protein Lifestyle?

This slow cooker cinnamon raisin rice pudding is specifically engineered to fit seamlessly into a high-protein diet. By incorporating whey or casein protein powder along with high-protein milk and egg whites, each serving delivers a substantial protein boost with low net carbs. The careful balance of fiber-rich raisins and sugar-free sweeteners ensures it aligns with low-carb requirements without sacrificing authentic rice pudding texture.

My Personal Experience

- **Effortless Prep and Cleanup:** Setting up the slow cooker takes less than 10 minutes, allowing the appliance to gently simmer the pudding to thick perfection. It frees up hands-on time while delivering a reliable, ultra-creamy consistency every single attempt.
- **Warm and Comforting Flavor Profile:** Ground cinnamon and plump raisins create a cozy, nostalgic taste that feels like a rich cheat meal. The extra protein integrates smoothly without altering the classic dessert flavor you crave.

Perfect For:

- High-protein desserts and evening snacks
- Post-workout meal prep for muscle recovery
- Low-carb high-protein breakfast alternatives
- Warm, cozy treats for keto diet plans and balanced fitness routines

Why You'll Love This Recipe:

- **Rich and Creamy Texture Without Heavy Cream:** Slow cooking breaks down the ingredients into a rich custard consistency using lean, high-protein bases. You get all the indulgence of traditional rice pudding with a fraction of the fat and calories.
- **Meal-Prep Friendly and Convenient:** Batch cooking in the slow cooker yields multiple

servings that hold up exceptionally well in the fridge. Enjoy it warm straight from the crock or chilled for a quick meal-on-the-go.

Common Mistakes to Avoid:

1. **Adding Protein Powder Too Early:** Stirring whey protein in at the very start under high heat can curdle the mixture; fold it in during the final 15 minutes of cooking.
2. **Over-Measuring Raisins:** Raisins add natural carbs, so stick strictly to the measured portion to keep the recipe within low-carb targets.
3. **Using High Heat Unattended:** Cooking on high for too long can burn the dairy along the edges; stick to the low setting and stir occasionally.
4. **Skipping the Thickening Step:** Cauliflower rice releases moisture, so ensure you let the pudding rest off heat so the protein and eggs properly set the mixture.

Required Equipment:

- **4-Quart Slow Cooker:** Allows even, low-temperature heating to simmer the pudding gently without scorching.
- **Silicone Spatula:** Prevents sticking along the slow cooker liner and ensures smooth folding of protein powder.
- **Whisk:** Essential for thoroughly blending the protein powder, milk, and eggs without leaving lumps.

Storage Instructions:

Store leftover rice pudding in airtight glass containers in the refrigerator for up to 4 to 5 days. For longer storage, freeze individual portions in freezer-safe containers for up to 1 month; thaw overnight in the fridge before reheating gently on the stovetop or microwave with a splash of almond milk to restore creaminess.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 2 hours 30 minutes
- Total Time: 2 hours 40 minutes
- Servings: 4
- Best Season for This Recipe: Winter (or all-season for cozy comfort)
- Total Calories (Per Serving): ~185 kcal (approximate estimate)

Description

Enjoy the rich, slow-cooked warmth of cinnamon and sweet raisins packed into a fit-friendly dessert bowl. This simple slow-cooker method locks in deep flavors while maintaining an exceptionally low carb and high protein profile. Perfect as a cozy morning meal or a macro-friendly late-night snack.

□ Ingredients:

- Riced Cauliflower (or Konjac Miracle Rice): 3 cups (Rinse and drain thoroughly to remove excess moisture)
- Unsweetened Almond Milk (or Ultra-Filtered Milk): 1.5 cups
- Vanilla Protein Powder (Whey/Casein Blend): 2 scoops (~60g)
- Egg Whites: 1/2 cup (Whisked lightly)
- Seedless Raisins: 1/4 cup (Portion-controlled for low-carb balance)
- Ground Cinnamon: 1.5 teaspoons
- Vanilla Extract: 1 teaspoon

- Granulated Zero-Calorie Sweetener (Erythritol/Monk Fruit): 3 tablespoons (Adjust to taste preference)
- Pinch of Sea Salt: 1/8 teaspoon

Directions:

1. Prepare the Slow Cooker Base: Lightly coat the interior of your slow cooker with non-stick spray, then add the thoroughly rinsed riced cauliflower, almond milk, ground cinnamon, zero-calorie sweetener, vanilla extract, and sea salt.
2. Slow Cook on Low Heat: Cover and set the slow cooker to LOW heat for 2 hours, stirring once halfway through until the cauliflower rice becomes soft and tender.
3. Thicken and Add Protein: In a bowl, whisk the egg whites with a splash of milk; temper by adding a spoonful of hot liquid from the slow cooker, then stir the egg mixture into the pot along with the raisins and protein powder.
4. Final Simmer for Visual Texture: Cover and cook on LOW for an additional 15–20 minutes until the mixture thickens into a creamy, custard-like texture with visible specks of cinnamon throughout.
5. Rest and Serve: Turn off the heat and let the pudding sit uncovered for 5–10 minutes to set before serving warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 185 kcal
- Fats: 3 g
- Cholesterol: 5 mg
- Sodium: 220 mg
- Potassium: 310 mg

- Total Carbohydrates: 16 g
- Fiber: 4 g
- Net Carbs: 12 g
- Sugars: 7 g
- Protein: 22 g
- Calcium: 180 mg

Notes:

- Storage & Reheating: Reheat in 30-second microwave intervals with 1 tablespoon of unsweetened milk to loosen the thick custard base.
- Allergy Info: Use nut-free milk alternatives (like oat or dairy milk) if almond milk is an allergen risk.
- Flavor Boost: Top with a sprinkle of freshly grated nutmeg or toasted sliced almonds for extra crunch and aroma.