



Challenge Day 23

Chew's Challenge



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Heavenly Rice Pudding

Ingredients

4 cups cooked rice	1 tsp maple flavor
1/2 cups non-dairy milk	1 tsp vanilla
1 tsp coriander	2 Tb Lemon Zest



Better Than Orange Chicken Stir-Fry

Ingredients

BASE ASIAN SAUCE	ORANGE CHICKEN
1 Tbsp Oil	1 cup base asian sauce
1/4 cup diced onion	1/4 cup orange zest
2 Tbsp minced garlic	1 cup chicken substitute
1 tsp ginger	2 Tbsp minced garlic
1 1/3 cup vegetable broth	2 Tbsp olive oil
1/3 cup sugar	2 cups asian medley vegetables
1/4 cup	4 cups of rice or noodles
2 Tbsp	
Pinch cayenne pepper	
2 Tbsp. water	
2 Tbsp. cornstarch	

