



Challenge Day 23

Chew's Challenge



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Heavenly Rice Pudding

Ingredients

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



Better Than Orange Chicken Stir-Fry

Ingredients

BASE ASIAN SAUCE
1 Tbsp Oil
1/4 cup diced onion
2 Tbsp minced garlic
1 tsp ginger
1 1/3 cup vegetable broth
1/3 cup sugar
1/4 cup
2 Tbsp
Pinch cayenne pepper
2 Tbsp. water
2 Tbsp. cornstarch

ORANGE CHICKEN
1 cup base asian sauce
1/4 cup orange zest
1 cup chicken substitute
2 Tbsp minced garlic
2 Tbsp olive oil
2 cups asian medley vegetables
4 cups of rice or noodles

