



Wise Woman
Ayurveda
Consultations &
Education for Women

Rose Saffron Rice Pudding

This gently sweet rice pudding combines the cooling qualities of rose and saffron with the nourishing comfort of cooked milk and rice.

Servings: 4

Preparation Time: 50 minutes



Ingredients

- ½ cup **basmati rice**
- 4 cups whole milk (or unsweetened oat milk for a dairy-free option)
- 4-5 **saffron threads**
- 2 tablespoons **maple syrup** or **raw sugar** (adjust to taste)
- ½ teaspoon **ground cardamom**
- 1 teaspoon **rose water**
- 1 tablespoon roasted and chopped **sunflower seeds** (optional)
- 1 teaspoon dried **rose petals, food-grade** (optional)

Instructions

- Rinse the basmati rice thoroughly until the water runs mostly clear.
- In a medium saucepan, combine the rice and milk.
- Bring to a gentle simmer over medium heat, then reduce the heat to low.

Rose Saffron Rice Pudding (Cont.)



Instructions (Cont.)

- Cook uncovered for 30–40 minutes, stirring occasionally, until the rice is very soft and the mixture becomes creamy.
- Stir in the saffron threads, sweetener, and cardamom for the last minute of cooking.
- Remove from heat and allow the pudding to cool for about 5 minutes.
- Stir in the rose water.
- Serve warm or at room temperature. Garnish with sunflower seeds and dried rose petals if desired.

Rose is traditionally used in Ayurveda to help cool excess heat and support emotional balance. Saffron offers a subtle sweetness and uplifting aroma, while basmati rice and milk provide grounding nourishment without excessive heaviness.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

