

Chia Creamed Brown Rice

Yields 4 servings

INGREDIENTS:

- 2 cups of cooked brown rice
- 1 cup of apple juice (or fruit juice of your choice)
- 1 to 2 tablespoons of Chia seeds (depending on how firm you want this dish to be)
- 1 cup of natural unsweetened coconut or almond yogurt.

PREPARATION:

Put 2 cups of cooked brown rice into a mixing bowl. Add the Chia seeds and fruit juice. Stir well and allow to stand for a few minutes to allow the seeds to soften and swell. Stir the yogurt and mix well.

Variations: Add chopped fruit to taste.

<http://www.chiaseedrecipes.com/chia-creamed-brown-rice.php>

NOTES FROM THE COOK:

