

Good Enough 2 Eat

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Tropical Rice

You'll need:

- 1 cup brown rice
- 2½ cups water
- ½ cup cashews or blanched almonds
- ½ water, extra
- 2 teaspoons vanilla essence
- 440g can crushed unsweetened pineapple
- ¼ cup coconut
- ¾ cup chopped dates
- 2-4 sliced bananas



Here's what to do:

1. In a large saucepan bring rice and water to boil, covered
2. Simmer until rice is cooked and water is gone
3. Blend nuts, extra water and vanilla essence
4. Stir through rice, along with pineapple, coconut and dates
5. Gently mix banana through just before serving

