

Rice Ambrosia (from *Vegetarian Cooking with Jeanie Burke, RD*)

- 1 16oz. can of pineapple tidbits
- 1 15oz. can of mandarin oranges
- 2 cups of cooked brown rice, chilled
- 1/4 cup of chopped pecans
- 1/4 cup of dry, uncooked oat bran
- 2 cups of seedless grapes, washed well and patted dry
- 1/2 cup of raisins
- 8oz. of strawberry yogurt (I use a soy yogurt)

Drain the liquid from the canned fruit. Add all ingredients together and mix gently. Chill the mixture until you are ready to serve it. Wasn't that simple? This delicious rice will keep in the refrigerator for 2 days.

Baked Oatmeal with Cashew Cream.

- 2&1/2 cups of rolled oats
- 1/2 cup of dried dates, chopped
- 1/2 cup of raisins
- 1 large apple, chopped into small chunks (or grated)
- 1 pear, chopped into small chunks (or grated)
- 1 banana, chopped
- 1/4 cup unsweetened coconut
- 2 cups milk (I use soy or almond milk)
- 1/2 teaspoon salt
- 2 teaspoons vanilla

Place the apple, pear, and banana chunks in a greased casserole dish. Sprinkle the dates and raisins on top, followed by the oats, followed by the coconut. Mix together the milk, salt, and vanilla, and pour it over top. Bake at 350 degrees Fahrenheit or 175 degrees Celsius for around 40 minutes. Serve it with this delicious recipe for **Cashew Cream**. Here are the ingredients:

3/4 cup of cashews (or a mixture of nuts, if you wish)

6-8 dried dates

1/2 cup of hot water

1/2 cup of water

1 teaspoon of vanilla

A pinch of salt

First, wash the cashews really well. Then soak them with the dates in the 1/2 cup of hot water for 10 minutes. Blend with the remaining ingredients until it's all creamy. Nice and easy, and totally delicious. Now, have fun experimenting with the Baked Oatmeal, because you can use various fruits, berries, dried cranberries, whatever you like. And, you can adjust the sweetness by using less dates or raisins; again, however you like it. Make it your own recipe, and enjoy your breakfast.