

Pineapple Salad

Tanzania

Ingredients

- 2 large pineapples cut into cubes
- $\frac{2}{3}$ c. raw cashew nuts, washed
- $\frac{1}{2}$ c. coconut, flaked
- 1 c. coconut crème
- 3 tbsp. agave nectar (or honey)
- 1 tsp. vanilla

Instructions

1. In a dry pan, toast the cashews and coconut flakes until lightly brown.
2. Set aside and let cool.
3. Mix together the crème, agave nectar and vanilla.
4. Set aside 2 tbsp. toasted cashews and coconut.
5. Add the remainder of the cashews and coconut to the pineapple mixture.
6. Mix well and chill.
7. Garnish with reserved cashews and coconut just before serving.

Serves 6

Orange Flavored Rice

Brazil

Ingredients

- 4 c. water
- 2 c. brown rice
- ½ tsp. sea salt
- 2 tbsp. olive oil
- 2 cloves garlic, pressed
- 2 tsp. succanat
- ¼ c. orange zest
- 3 tsp. chili powder (may omit)
- 1 c. Brazil nuts, chopped
- ½ c. ripe olives, sliced

Instructions

1. In a Dutch oven, combine all ingredients, except Brazil nuts and olives.
2. Bring to a boil.
3. Cover and reduce heat to a simmer about 50–60 minutes or until water is absorbed and rice is tender.
4. Just before serving, stir in the nuts and olives.
5. Garnish with orange slices.
6. Serve hot.

Serves 8.