



Coconut-Rice Flax Salad

- 1 can (400 ml) coconut milk
- 1 $\frac{1}{2}$ cups basmati rice
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup Natunola® health's delight Shelled Flax Kernel
- $\frac{1}{2}$ English cucumber, chopped
- 5 small green onions, chopped
- 2 jalapeno pepper, chopped fine
- 2 limes, juice and pulp
- 1 cup chopped cilantro
- 2 cans (398 ml, 14 oz) peaches and mangos, drained
- $\frac{1}{2}$ cup toasted almonds



Add enough water to coconut milk to make 3 cups of liquid. Bring to a boil in a large saucepan. Add the rice and salt, cover, reduce heat and simmer until rice is done and the liquid is absorbed, about 20 minutes. Stir in the Natunola® health's delight Shelled Flax Kernel. Cool.

Add the chopped cucumber, green onions, peppers, lime juice, cilantro, fruit and almonds. Toss and serve at room temperature.

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