

Indian Rice with Apples

- 1 cup of brown Jasmine rice, cooked
- 1 - 2 T. coconut oil (or use Ghee for ½)

Melt the coconut oil in a large pan. Add any or all of the following, to taste:

- Chopped onion
- Chopped apples
- Currants
- Curry powder
- Turmeric powder
- Coconut flakes
- Salt and pepper



Basically, just cook and stir until it has the taste you want. Many variables, of course ... use your imagination!

The onions and apples complement each other and the spices. If you aren't familiar with Indian food, go easy on the turmeric and curry ... they have a bit of the bite which is why I add apples and currants.

Experiment!!