

Sweet Coconut Rice with Vanilla Yogurt

Makes: 3 servings

Prep time: 1 minute

Cook time: 25 minutes

INGREDIENTS:

1 cup white jasmine rice

1 3/4 cups filtered water

1/3 cup light canned coconut milk

2 tbsp grass-fed ghee

1 tbsp coconut sugar

1 tsp vanilla extract

2 cups Greek yogurt, divided

Optional toppings:

Sliced banana

Fresh berries of choice

Nuts/seeds

Nut butters

Coconut flakes

Cinnamon



Serving size: 1/2 cup rice + 3/4 cup yogurt + toppings of choice

INSTRUCTIONS:

1. Place a small pot on the stove top and add in filtered water. Bring to a boil, then add the rice. Lower heat slightly and let the rice simmer for 15-20 minutes until water is absorbed. Note: you may need to cook longer depending on brand of rice - check the back of the package for more details!
2. Once the rice is tender, reduce the heat to low and stir in the coconut milk, vanilla extract, grass-fed ghee and sugar. Stir over low heat until sugar is dissolved.
3. Let the rice mixture cool to around room temp before adding the yogurt on top.
4. Serve warm with your toppings of choice!