

## COMBINING RIGHT RECIPES

### DESSERT

#### Carbohydrate

#### Coconut milk-rice – serves 2

200 ml coconut milk  
80 g wholemeal milk rice (Arborio rice might be suitable)  
2 Tbsp almond slices  
2 Tbsp raisins  
2 tsp honey  
1 Tbsp chopped pistachio nuts  
2 tsp ground cinnamon

In a saucepan, stir 150 ml water into coconut milk. Add rice and cook, covered, over low heat, for 30 minutes, stirring occasionally. Roast almonds in a dry frying pan until golden brown. Set aside. Switch off heat, then add raisins and let rice stand for another 10 minutes. Mix with honey and let cool. Arrange rice in 2 bowls and sprinkle with almonds, pistachio nuts and cinnamon. This dessert can be served hot or cold.