

Herbal Legacy Recipes

Hawaiian Haystacks

INGREDIENTS:

Brown rice
Cashew Cheese topping
Toppings

Toppings you may want to include:

- Chopped celery
- Chopped green bell peppers
- Chopped red bell peppers
- Green onions
- Red onions
- Coconut
- Pineapple tidbits
- Sliced olives
- Diced tomatoes
- Sliced mushrooms
- Sprouts
- Slivered almonds
- Water chestnuts
- Chow Mein noodles
- Salt & Pepper to taste
- Any other fresh topping you can imagine!



DIRECTIONS:

For each serving you will want approximately one cup of cooked brown rice.

To make the topping prepare Fawn's cashew cheese topping, but leave out the gelatin (visit http://www.herballegacy.com/Cashew_Cheese.html for the recipe).

Put all the fresh toppings on you want.

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<http://www.herballegacy.com/Recipes.html>

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