



# Frushi

Adapted from *TasteMade.com*



## Ingredients



- 1 cup uncooked sticky sushi rice
- 1 1/4 cups water
- 1/4 cup light coconut milk
- 1/4 cup sugar
- Raspberries
- Strawberries
- Kiwi
- Mango



## Directions



Yield: 1 roll/ 5 pieces Serving size: 1 piece

1. Bring the water and rice to a boil in a medium saucepan. Cover, reduce the heat and simmer 15 minutes or until water is almost absorbed. Remove from heat and let stand, covered, for 15 minutes.
2. Place the rice in a large bowl. Add the sugar and coconut milk, stirring gently until well combined. Cover and let stand 20 minutes.
3. Divide the rice mixture in half. Using a sushi mat turn half into rolls, using fruit roll ups in place of sushi nori, and fill with kiwi and mango pieces and a sprinkling of sesame seeds.
4. Use the other half for nigiri, topping with slices of fruit and lime zest.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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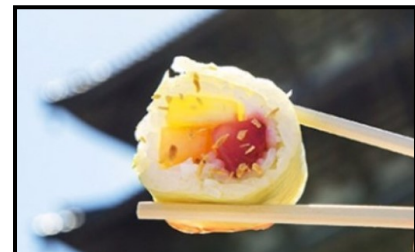
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# Fast Facts



## Featured Food Groups



## Cooking Tips



For another type of Frushi, ball some rice in your hand and layer on sliced fruit. Garnish with sesame seeds or lime zest.

## Nutrition Facts

Per Serving Per 100 g

Amount Per 1 Serving

Calories **115.97 Kcal (486 kJ)**

Calories from fat 26.6 Kcal

		% Daily Value*
Total Fat	2.96g	5%
Cholesterol	0.11mg	0%
Sodium	179.68mg	7%
Potassium	43.16mg	1%
Total Carbs	21.73g	7%
Sugars	7.87g	31%
Dietary Fiber	1.25g	5%
Protein	2.02g	4%
Vitamin C	2.4mg	4%
Iron	0.3mg	2%
Calcium	21.1mg	2%

Second Harvest is an equal opportunity provider.



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