

AFTERNOON TEA RECIPES



Coconut Frushi

Ingredients

- 1 ¼ cups water
- 1 cup uncooked sushi rice or other short-grain rice
- ¼ cup sugar
- ¼ cup light coconut milk
- Dash of salt
- Cooking spray
- 10 orange sections
- 20 fresh raspberries
- Vanilla fat-free yogurt

Method

- Bring water and rice to a boil in a medium saucepan. Cover, reduce heat, and simmer 15 minutes or until water is almost absorbed. Remove from heat; let stand, covered, 15 minutes.
- Place rice in a large bowl. Add sugar, coconut milk, and salt, stirring gently until well combined. Cover and let stand 20 minutes.
- Lightly coat hands with cooking spray. Divide rice mixture into 20 equal portions, shaping each into a ball (about 1 rounded tablespoon each). Lightly press each rice ball into an oval between palms; place ovals on a baking sheet lined with wax paper. Top each of 10 ovals with 1 orange section, and press gently to adhere. Top each of the remaining 10 ovals with 2 raspberries. Cover and chill frushi until ready to serve. Serve with yogurt for dipping.

Variations

- Substitute oranges and raspberries for fruit of your choice

<https://www.myrecipes.com/recipe/coconut-frushi> accessed 12 February 2021

