



Alicia's Soft Rice Porridge
(from Alicia Silverstone's *The Kind Diet*)

1 cup leftover brown rice
4 dried apricots, chopped
1 tsp toasted sunflower seeds
1/3 umeboshi plum, pit removed and cut into tiny pieces
Chopped fresh parsley (I use mint!)

Place the rice, two cups of water, and the apricots in a saucepan. Bring to a boil, cover and simmer for 15-20 minutes until most of the water is absorbed and the fruit is soft and plump. Remove from heat and ladle into bowl with a slotted spoon. Top with seeds, umeboshi plum, and fresh mint.