

Blueberry Brunchle

Carolyn, my mother-in-law, said this is good for potlucks as it can be a salad, a dessert, or a main dish.

2 c. cold brown rice, cooked
2 c. blueberries, fresh or frozen
1/2 c. unsweetened flaked coconut
1/4 c. toasted sunflower seeds

**1/8–1/4 c. maple syrup (depending
on your sweet tooth)**
1/2 c. plain yogurt

Combine all ingredients and enjoy!