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Recipe: KASHI

Put 2 cups water in large microwave bowl.

Add about half a teaspoon of seasalt, and some ground cardamon, ground allspice, ground ginger, ground citrus mix.

Microwave for 3.33 or thereabouts.

Pour in a cup of Kashi Pilaf.

Microwave uncovered at 40% power for 28 minutes.

Stir, add pecans and maple syrup to taste.