**Tropical Groat Salad**

**Serves: 4-6**

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Ingredients:

* 2 C groats – cooked until dry and chilled (follow our recipe on the bag)
* ½ Can (10 oz) pineapple chunks in juice (\*drained with juice reserved)
* 1 ¼ C shredded coconut
* ¼ C dried currants or raisins
* 1½ C celery (finely chopped)
* ½ Tsp celery seed
* 1 Fresh mango (diced ) (if necessary, substitute 1 can mandarin oranges – well drained)
* Salt to taste

## Directions:

* Soak currants overnight (or as long as possible)
* Shred pineapple
* Mix together: groats, pineapple, coconut, mango, celery, celery seed and kosher salt
* Drain currants well, add and mix well
* Serve cold or just below room temp

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