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.