

Brown rice with seeds and nuts

1. Black, red, brown unpolished rice
2. Assortment of seeds and nuts
3. Goji berry (wolfberry)

How to prepare:

- Use about 50% unpolished rice and 50% seeds and nuts.
- The unpolished rice should consists of black, red and brown unpolished rice.
- Can use an assortment of different types of seed and nuts, such as mung beans (去皮绿豆), fenugreek (胡芦巴), sunflower seeds, pumpkin seeds, pistachio, hazelnut, cashew nuts, walnuts, pecans, pine nuts, macadamia nuts, peanuts, etc.
- Put the unpolished rice and seeds and nuts in a stainless steel pot, add enough water to cook for 45 minutes to 1 hour.
- Normally 45 minutes will be enough to cook it, but cooking for 1 hour will make it much softer.
- Can add about 1/3 teaspoon of Himalayan rock salt to the rice and cook together.
- About 2 minutes before switching off the flame, add some goji berries (枸杞子). This will enrich the flavor and taste, will also increase its nutritional value.
- After switching off the flame, immediate pour out the water, and lay out the rice on a plate, let the steam evaporate.
- The rice soup is nutritious. Can add some vegetables to it and cook as a vegetable soup.
- Cooked rice must not be kept overnight. Cook fresh ones everyday.