

Integrative Health Institute

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Brown Rice Porridge

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Serves 1

Ingredients:

- 1 Cup pre cooked brown rice
- 1 Cup rice milk
- 1 Cup water
- 4-5 pitted fresh dates
- 2 tbsp sliced raw almonds/almond butter
- Dash ground cinnamon

Directions:

- Place ingredients in saucepan and bring to a boil
- Stir for 4-5 minutes while boiling
- Boil off to the desired consistency
- Serve in a bowl sprinkled with cinnamon

Special Notes:

Alternatively, for a creamy texture, using a blender, you can puree the rice with the water and rice milk before placing the ingredients in the sauce pan.

Variations: Dates can be replaced with raisins, dried cranberries or 1/2 cup of frozen/fresh berries. Cinnamon can be replaced with turmeric powder (anti-inflammatory properties). Add the turmeric to the pot before serving.