



MORNING RICE CEREAL RECIPE

1/2 Cup Brown Basmati Rice

3 Cups of Water

Almond Milk, purchased or blended: handful of almonds, 1/2 cup of water, blend

You can use regular milk instead of almond milk.

1. Wash rice.
2. Put the rice in a rice cooker, add the water, apples, pears, select Porridge, or cook on the stovetop
3. Pour the almond milk into the rice without straining.
4. Add any or all of the following ingredients: Apples, Pears, Wallnuts, Macadamia, Pine nuts, Chopped brazil nuts, Raisins, Dates, Coconut or any other fruit allowed on your particular Ayurvedic diet...
5. Serve.