



Simple | Healthy | Delicious

Healthy Rice (Black, Brown, Barley and Millet)

INGREDIENTS

1 ½ cup Nature's Earthly Choice Basmati brown rice

½ cup barley

3 Tbsp. Nature's Earthly Choice black rice

3 Tbsp. millet

Water according to your rice cooker.



DIRECTIONS:

1. Rinse until the water is clear.
2. You can set the timer to cook 2 hours later. Or soak brown rice, barley and black rice for 2 hours, add millet and cook in the rice cooker.