

Healthy Rice

simple
healthy
delicious

Ingredients

- 1 ½ cup Basmati brown rice
- ½ cup barley
- 3 tablespoons Nature's Earthly Choice™ Black Rice
- 3 tablespoons 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.

