



Herban Health

providing and promoting community based
holistic healthcare to the medically underserved
in the San Francisco Bay Area

Simple Rice Congee

(Good for Digestion)

Ingredients:

- 1 cup rice (any kind is okay, white is best for digestion)
- At least 8 cups of water or more

Instructions:

Combine rice and water and cook over low heat for at least 4 hours, preferably longer. The longer the rice is cooked, the better it is for digestion.

Possible Additions:

In order to change the flavor if necessary, you can add some honey to the water and rice before cooking, and you can add raisins. For children you might replace some of the water with apple juice as well.

If you would like to contribute a recipe, see more recipes in our collection, or learn more about Herban Health's clinics and classes, please visit us at www.herbanhealthepa.org.