

Recipe

Purple Rice

By

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Ingredients

1 cup wild rice
½ cup brown rice
½ cup barley
2 ½ cup water

Preparation

Wash rice and barley thoroughly in the pot. Add water to the pot and cook the rice over high heat. Once it is boiling, reduce the heat to low. Cover and simmer for 20 minutes. Turn off the heat and let it stand for another 5 minutes.

***Wild rice can be found in an organic store. It is usually blackish before it is cooked. Once it is cooked, it is purple. If it is possible, it is always better to serve brown rice or wild rice to your child than simple “white” rice (or basmati rice).

Serves

5

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Hare Rama Hare Rama Rama Rama Hare Hare