



Rising Lotus

Acupuncture Clinic

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Breakfast Congee

Ingredients:

1 Cup Complete Grain (Organic). Can be purchased at Whole Foods or most health food stores.

Examples:

½ Cup Brown Rice + ½ Cup Millet **OR**

1/3 Cup Brown Rice + 1/3 Cup Millet + 1/3 Cup Amaranth

“Handful” of each:

- Dried Sour Cherries and/or Cranberries and/or Blueberries
- Dried Mulberries (Found health food stores)
- Raw Whole Almonds—Roughly Chopped
- Chinese Dried Wolfberries (Gou Qi Zi)—Found at Rising Lotus Acupuncture Clinic
- You can also grate some Fresh Chinese Yam (Shan Yao) into the Mix as well. Found at any Asian Market.

Add 6-8 Cups of Filtered water

Cook everything together in a crock pot or slow cooker on low heat for 8-10 hours, stirring occasionally.

** You may add more water at any time during the cooking process to achieve the desired consistency – however, be sure to add hot/boiling water.*

This can be kept in the refrigerator and a daily portion re-heated each morning.

Any questions, please call us.

Sincerely,

Jason Laird, L.Ac.