



# Find Your Balance

Acupuncture ~ Chinese Herbs ~ Nutritional Counseling

## Congee

What is Congee?

Congee is a grain based, usually rice porridge, served for centuries in traditional Chinese homes. It is used preventatively to promote good health and a long life. It is also used to specifically help the body recover from ailments. Congee is an excellent breakfast food.

Benefits of Congee:

Congee is cooked for a long time making it easier to digest, providing your body with the nutrients it needs. It strengthens digestion, builds energy and enhances metabolism. Congee is economical and easy to prepare, high in nutrients and low in fat.

How to Prepare Congee:

Congee is easily prepared overnight in a crock pot. If you do not have a crock pot use the stove on very low heat.

In a glass or stainless steel pot, mix the following ingredients (1 serving):

1 part grain/rice  
5-7parts water

(adjust the proportions of grain to water until you get the desired consistency)

Cook overnight on low heat.

For added flavor you can add spices, dried fruits and vegetables. Specific grains, spices and veggies may be more beneficial for your conditions. For example, spices warm the digestion.

Suggested Ingredients:

Grains	Spices	Nuts/Fruit	Vegetables	Flavorings
Rice	Cinnamon	Dates	Sweet Potato	Honey
Millet	Bay Leaf	Walnuts	Carrots	Molasses
Rye	All Spice	Dried Cherries	Pumpkin	Maple Syrup
Barley	Ginger	Almonds	Spinach	Rice Milk
Spelt	Nutmeg	Pumpkin Seeds	Squash	
Quinoa	Cloves	Sesame Seeds	Broccoli	
Wheat				