

How to Make Congee

Congee is a digestive-friendly way to start your morning. The term congee means “rice water” and is often referred to as a hot, oatmeal-like, meal eaten at the beginning of the day. Eating congee improves metabolism and boosts digestion since it takes minimal energy to digest it and is very nutritious. This breakfast will warm your digestive organs while removing excess fluids and providing therapeutic value.

Many people notice that they are hungry shortly after eating congee and need to eat again before lunchtime. This is due to the improvement congee has on your metabolism and the warming of your digestive system. We recommend packing healthy snacks (fruit, nuts, yogurt) for a midmorning break.

Preparation

- ✓ Before going to bed, place 1 cup organic, brown rice, 8 cups of water, and a handful of dried apricots into a crockpot.
- ✓ Cook on low overnight. If you prefer a smoother consistency, puree congee with a hand blender.
- ✓ Scoop out your desired amount for the morning, add in an ingredient or two listed below. Save the rest of the congee in the fridge and reheat a portion each morning for the rest of the week. Viola!

Add-Ins

If you want a little extra flavor, top your morning portion with one of these:

- Butter (*use the real stuff, not low-fat, margarine, or butter substitute*)
- Black Strap Molasses
- Granola (*without added sugar*)
- Flax Oil
- Cardamom or Cinnamon (*only in the last half of your cycle*)
- Almond Slivers (*cook in the congee with the apricots the night before*)
- Dried Cherries or Dried Blueberries

Never hesitate to call our office or email an acupuncturist with questions about congee or your dietary needs. We are always happy to help you transition into eating in a way that will most benefit you!