KIDNEY YIN XU CONGEE

Ingredients

* Black rice
* Black beans
* Black sesame seeds
* Go Qi Zi
* Long Yan Rou (optional)

Mixed whole grain package contains brown rice, barley, Yi Yi Ren, whole wheat, buckwheat, purple Shan Yao, red lentil, black bean, Qian Shi, oat.

Cooking Instructions

- Mix half cup of black rice, one cup of whole grain mixes, half cup of black beans, a quarter to half cup of black sesame seeds in the slow cooker.

- Add 7 to 12 cups of water depends on the preferred thickness of the congee.

- After the congee is done, stir in 1/4 cup Go Qi Zi or Long Yan Rou.

Variations

- KD tonic parfait - layer chilled congee with Greek yogurt, walnuts, raspberries or blueberries.

- Traditional congee breakfast - added sea salt for flavor, sprinkle seaweed toppings, Chinese pickles or Kimchi.