Landman & Associates, Inc.

Brown Rice - Perfect Everytime

BROWN RICE - Perfect Everytime

Cooking brown rice is a longer process than cooking white rice. It requires a special inexpensive piece of equipment called a "flame diffuser" to help cook the rice completely while preventing burning (See pic above). Purchase one at www.simply-natural.biz , amazon.com, or at our Plantation office.

Brown Rice Healthful Effects: Soothing to the digestive and nervous system. Heart health protective

Brown Rice Nutrient Value: Brown rice is rich in dietary and soluble fibers, protein, B-vitamins, magnesium, complex carbohydrates, amino acid methionine and antioxidants. ½ cup cooked: 120 calories, 20 grams carbohydrate, 3 grams protein. Glycemic Index- 49-55 for wild, jasmine, and long grain brown rice varieties.

About this Newsletter

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VITAMIN SALE THRU March

10% off Supplement Sale on all Isotonix Supplements from Nutrametrix thru March 31st, 2011.

Isotonix vitamins are the most absorbable vitamin products and have been proven to be absorbed in to your tissues within 10 minutes. OPC-3, Multivitamins with and without iron for women and men, Calcium, Aloe, Greens powder, are some of the many products we have available both in the office and online.

We also carry the complete line of the Transitions weight loss supplements, shakes and package foods to augment your exercise and weight loss efforts.

Call the office for more information, or read about it on our website: www.nutrametrix.com/alixlandman Click on the Transitions product line.

Landman & Associates, Inc **954-792-7303**

Brown Rice Varieties: Short grain, Medium grain, Long grain, Sweet rice, Golden Rose rice, Wehani rice, Wild rice, Japonica rice, Jasmine Brown rice, Basmati Brown rice.

Best Brands: Lundberg organic, Southern Organic, Arrowhead Mills Organic

Boiling Brown Rice Equipment: Stainless steel, enamel cast iron, , glass pyrex pots 2-4 qt, *Flame Diffuser- *Simply-Natural or Amazon

Ingredients:

1 cups organic brown rice
2 cups filtered or spring water

1/8 tsp. sea salt

Procedure:

1) Wash rice well and strain.

2) Place water, rice, and salt in pot, cover.

3) Put heat on high and bring ingredients to a boil.

4) Place Flame diffuser under pot, put heat on medium low, and simmer for 45 minutes. Do not stir or open lid.

5) When time is up, move rice pot off the burner and let sit to cool. Store and use throughout the week in soups, salads, grain vegetable salads, and stir fries.

Enjoy and until next time,

Alix

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