

Ten-Grain Sweet Soup Recipe

Ingredients: Makes 8 portions

100g ten-grain mix (soaked for 5 hours)
(yellow rice, black rice, red rice, brown rice, pumpernickel,
buckwheat, millet, flaxseeds, barley, oatmeal - 10 g each)
100g black-eyed peas (soaked for an hour)
15 bowls water
100g organic molasses

Method:

Cook ten-grain mix in 15 bowls of water for 2 hours. Add black-eyed peas and cook for 40 minutes until it thickens. Stir in organic molasses at last before serving. Organic molasses is rich in minerals. It also makes a healthy drink when mixed with water.

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