



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Congee Goji Berry Porridge

- 5 cups Spring or Filtered Water
- ½ cup Brown or White Rice
- ½ cup Organic Goji Berries
- 1½ Tbsp. Local Raw Honey



1. Sort and gently wash the rice and berries.
2. Place in soup pot or crockpot. Add ALL the water – more may be needed as it cooks. Cover and bring to a boil.
3. Reduce heat and simmer for at least one hour, until the fluid becomes very thick.
4. Add in the honey. Mix and serve. This recipe makes one serving.

Congee is very commonly eaten for breakfast in China. Because of the nourishing properties of congee, and the fact that it is very easily digested, congees are often prescribed for elderly or chronically ill patients with weak blood and low energy.

To make a rice congee, use at least six times the amount of water as you do rice and simmer covered for at least one hour. Crockpots are great to prepare congee. The longer the congee cooks, the more powerful the nutritional benefit.

Goji Berries, also known as Wolfberry Fruits, Lyceum, or Gou-Qi-Zi in Chinese medicine, look like red raisins and are considered an herb in traditional Chinese medicine that nourishes the Kidneys and Liver. Goji Berry replenishes blood, nourishes the yin and is often used for vision problems related to deficiency of the Spleen, Kidney and Liver yin. Gou-Qi-Zi can often be found in Asian grocery stores or health food stores.

This recipe and many other sweet congee recipes may be found in
[*"Unleashing the Power of Food, Recipes to Heal By."*](#)

Information provided by Susan L. Levy, D.C.

Page 1 of 1

Congee Goji Berry Porridge. April, 2020