



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

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Congee Trilogy

Ingredients:

- 5 cups Spring or Filtered Water
- 1½ cups Organic **Sweet Potato**,
steamed and diced
- 1 cup Dry Organic **Brown Rice**
*or a mixture of grains
such as millet and quinoa*
- ¼ cup Sliced **Almonds**
- ⅓ cup Organic Raisins
- ⅓ cup Organic Cranberries,
*dried, unsweetened,
or sweetened with apple juice*
- 1 Tbsp Organic Cinnamon, *powdered*
- ¼ tsp Organic Ginger, *powdered*



Instructions:

1. Scrub, trim, and dice your sweet potato. I prefer Garnet red for the deep color and extra phytonutrients. Steam the sweet potato until soft for probably 25 minutes.
2. Place water in the crock pot. Rinse grains, if necessary, specifically if you're using quinoa. Add the grains and almonds to the water. Turn the Crock-Pot on high for 1 hour then low for at least 3 hours.
3. Occasionally stir the mixture, adding a little water as needed. Your goal is to break down the grains to a creamy consistency. Depending on the Crock-Pot temperature you may need to cook quite a bit longer.
4. During the last 30 minutes add spices and the cut pre-steamed sweet potato.

Yields approximately 1 1/2 quarts of congee.

This can be used as a breakfast food, a side dish, or a dessert.