

十谷米粥

(每天所需代谢之酵素)

Whole Grain Rice Porridge

用料:

十谷米	1 杯 (150 克)
海带芽	2 汤匙
红萝卜	1 条 (刨丝)
水	1700 毫升

酒面:

黑芝麻/芫茜/枸杞

调味:

海盐 适量

鲜 G 粉

Ingredients:

Whole Grain Rice	1 cup
Seaweed	2 tbsps
Carrot	1 pc(shredded)
Water	1700ml

Topping:

Black Sesame Seeds/Parsley/Wolfberry

Seasoning:

Sea Salt

Vegetarian G Powder

做法:

- 1.十谷米洗净, 加入水煮至软 (45-60 分钟)
- 2.加入红萝卜丝, 海带芽, 盐, 鲜 G 粉煮滚。
- 3.吃时, 洒上芫茜, 枸杞。

Method:

- 1.Wash whole grain rice ,add water&cooked.
- 2.Add shredded carrot ,seaweed,salt and G powder,cook till boiling.
- 3.Sprinkle wolfberry and parsley when serving

预防:

降胆固醇, 清除血栓, 舒缓神经, 痰风, 脑中风, 癌症等。

Benefits:

Lowers cholestings,relaxes control nerous system,prevents stroke and cancer.

十谷米(每天一碗十谷粥,健康又长寿)

每个人每天都需要摄取 46 种营养素,才能提供每日运作新陈代谢的酵素,十谷什粮提供人体达成健康所需要摄取营养素的最佳来源.

十谷米营养素:

维生素 B 群(B2,B6,B9,B12).

A,C,D,E,K

矿物质(钙,铁,镁,钾)

微量元素(锌,钼,锰,锶)

酵素,抗氧化物

纤维素,氨基酸及生物素

功效:

降血压,降胆固醇清除血栓,舒缓神经.缓解便秘,高血压,皮肤病,失眠,口角炎

预防:

血管硬化,脑中风,痰风,心肌梗塞,癌症

Coyaku Food Products Pte Ltd

Blk 47 Sims Place #01-173 Singapore 380047[www.annascookingarts.com .sg](http://www.annascookingarts.com.sg)

Office: (65) 62943588, 67470069 Fax: (65) 67470021

The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatment.All Rights Reserved . No part of these recipe sheets may be reproduced, stored in a retrieval system or transmitted in any form , or by any means, electronic ,mechanical ,photocopying , recording or otherwise, without prior permission in writing from Coyaku Food Products Pte Ltd.



Coyaku Food Products Pte Ltd

Blk 47 Sims Place #01-173 Singapore 380047 www.annascookingarts.com.sg

Office: (65) 62943588, 67470069 Fax: (65) 67470021

The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatment. All Rights Reserved . No part of these recipe sheets may be reproduced, stored in a retrieval system or transmitted in any form , or by any means, electronic, mechanical , photocopying , recording or otherwise, without prior permission in writing from Coyaku Food Products Pte Ltd.