

GINGER & DATE RICE PORRIDGE

This recipe based on Chinese Medicines' go to formula for very early stage cold and flu and is a lovely warming way to start the day

INGREDIENTS

- 1/2 cup of short grain rice
- 3 cups of water
- 2-3 pitted dates
- 1 slice of fresh ginger (about the size of a 20c piece)
- 1/2 tsp of dutch cinnamon
- Almond milk or milk of your choice
- Jaggery, maple syrup or honey to taste
- Berries and toasted slivered almonds (optional)



METHOD

- Rinse the rice and put it into a pot with water, ginger cinnamon and chopped dates
- Bring to the boil and simmer gently until the water has evaporated and the rice is soft
- Add a splash of almond milk and berries
- Cook gently for another 2-3 minutes until you have a porridge like consistency
- Fish out the ginger and serve with an extra splash of almond milk and a little jaggery to taste