



Germinated Brown Rice (Also known as **Sprouted Brown Rice**) is a natural gluten-free whole grain & rich in **GABA (Gamma Aminobutyric acid)** which its **GABA (Gamma Aminobutyric acid)** is **10 times more than Brown Rice**. To-date, it is one of the most recommended whole grains because during the germination process of **Brown Rice**, nutrients like **Vitamin E, Lysine, Magnesium, Vitamin B6 & Vitamin B12** are increased substantially, especially its amino acid, **GABA (Gamma Aminobutyric acid)** which is **increased ten-fold, more than Brown Rice's GABA (Gamma Aminobutyric acid)**.

Sprouting the **Brown Rice** will break down its **Phytic acid**, which blocks the absorption of minerals, like the **Calcium, Magnesium, Phosphorus and Zinc, etc**. Decreasing the **Phytic acid** makes these important minerals more bioavailable to your body. Once

sprouted, it improves better digestibility, therefore helps in gastrointestinal system problems like bloatedness, constipation & indigestion, etc. In addition, it helps to improve nervous system problems like anxiety, insomnia, & migraine headaches, etc.

Serving size: 1 cup of brown rice = 2 rice bowls of cooked germinated brown rice.

Benefits: Helps to improve anxiety, cardiovascular system, depression, gastrointestinal system, high blood glucose level, high cholesterol, insomnia, migraine headaches & stress, etc.

Ingredients

- (1) Brown Rice** - 1 cup.
- (2) Coconut Oil** - 4 teaspoons.
- (3) Pandan Leaves** - 3-5 nos. Cut into 3 inches length.
- (4) Salt** - $\frac{1}{4}$ teaspoon.

Preparation

- (1)** Place **Brown Rice** in a bowl (Preferably glassware or porcelain ware) & rinse it twice with water. Then add water twice the level of **Brown Rice** & soak for 12 hours with a covered strainer to prevent bugs from getting in the bowl.
- (2)** After 12 hours, rinse the **Brown Rice** twice with water & drain off the water. Then sprinkle some water to keep the brown rice moist & let it sprout in the bowl for 2-3 days. Cover with a strainer to prevent bugs from getting in the bowl. Do remember to put the bowl in a warm area in the kitchen.
- (3)** Repeat this procedure every 8-12 hours to prevent the fermented sour smell. Tiny sprouts should begin to form in 2-3 days & at this point, sprouting is completed.
- (4)** After 3 days of sprouting, rinse the **Germinated Brown Rice** twice with water & transfer

it to a steamer plate. Add water to same level of **Germinated Brown Rice** together with **Coconut Oil, Pandan Leaves & Salt**, then mix them well before steaming in electric steamer for about 1-1 ½ hours depend on whether you want the texture to be fluffy or softer. (You can cook it in your rice cooker too)

(5) Once the **Germinated Brown Rice** is cooked, you can serve with other dishes or soup. Any remaining cooked **Germinated Brown Rice** can be kept in the fridge overnight for the following day's lunch or dinner but do remember to steam or warm it up before eating. Alternatively, you can use it for porridge making or fried **Germinated Brown Rice** with eggs or other ingredients. For freshness, keep it not more than 2 weeks in the fridge.

Note

(1) Use only **Brown Rice & Brown Basmati rice**. Do not use white or wild rice as they will not germinate.

(2) You can sprout more **Germinated Brown Rice** & keep it in the freezer (For freshness, keep it not more than 2 months in the freezer) but remember to thaw it & rinse twice with water before you cook it. If you cook it on your rice cooker, the water level is the same as your white rice & use white rice marker setting.

(3) You can use **Germinated Brown Rice** as part of your children's staple food starting from their babyhood of 6 months onwards & add lotus seeds without lotus plummule (You can keep the lotus plummule to make [tea for insomnia related to heart-fire](#)), goji berries, green peas or any green vegetables and meat or fish.

(4) If you do not mind the sour smell of the soaked **Germinated Brown Rice** water, you can strain it & keep it in a bottle in your fridge as your face toner or hair rinse. You can add Jasmine or Rosebud flowers to cover the sour smell of the soaked **Germinated Brown Rice** water. For freshness, keep it for not more than 1 month in your fridge.