



Healthy proteins from whole grains like 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. Germinated brown rice helps to improve gastrointestinal system problems like bloatedness, constipation & indigestion, etc and nervous system problems like anxiety, insomnia, & migraine headaches, etc.

Added with 5color diet foods, it provides a complete protein meal requirement especially for those who are more health-conscious, weight-watchers & vegetarians.

Serving size: 1 person.



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

Ingredients

Button mushrooms - 5 nos. (Cut into halves)

Gingko nuts - 5 nos.

Germinated soaked brown rice - 1 cup of 200ml. (1 cup = 1 cooked rice bowl size)

* [Click here for Making of Germinated Brown Rice.](#)

Green peas, frozen - ½ rice bowl size. (Rinse with hot water)

Purple sweet potatoes, 1 inch square size - 10 pieces.

Wolfberries - 10 nos.

Coconut oil - 2 teaspoons.

Salt - ¼ teaspoon.

Preparation

(1) Rinse twice with water and place the germinated soaked brown rice onto a steamer plate, then add water (preferably mineral or distilled water) to same level of germinated brown rice. Also, add Coconut oil & salt and mix well before steaming in electric steamer for 1 hour.

(2) After 1 hour, added washed button mushrooms, gingko nuts, purple sweet potatoes & wolfberries, then steam for another 20 minutes.

(3) Once 20 minutes is up, add washed green peas to serve or with other dishes or soup.

NOTE: (1) This healthy meal is ideal for those who need to follow a strict diet before any detox regimen.



(2) Do remember to seek your health expert's advice on your health well-being before any dieting or detox regimen.

Reference: [5Color Diet Theory](#)