

# Easy Wild Rice Bowl



## Wild Rice Bowl

Wild rice is high in protein and can be made into a quick bowl and enjoyed in the morning for a quick breakfast or late dinner/snack. Soaking any grain, as well as nuts helps to reduce antinutrients and enzyme inhibitors that impair the mineral and vitamin absorption. I generally avoid eating grains every day. My favorite grains are wild rice, sprouted brown rice, and quinoa.

### Ingredients:

- 1 cup wild rice (available at Trader Joe's and other health food stores)
- 2 cups water
- 1 cup walnuts or pecans

1/4 cup raisins

1-2 tbsp coconut, almond, cashew butter (optional)

**Directions:**

1. Soak wild rice in water overnight. Soaking helps to decrease the amount lectins that are harmful for the sensitive gut. For example, gluten is a form of lectin, but non-glutenous grains also have lectins that have a number of different names and are hard to track.

2. Soak walnuts or pecans overnight too. Walnuts especially lose the bitter taste due to soaking.

3. Combine soaked rice and water. Bring to a boil and simmer on low heat for 30 minutes until water evaporates. Wild rice is delicious both cold and warm. Add soaked nuts and raisins.

4. Add coconut, cashew or almond butter right before serving.