



# EIGHT TREASURE CONGEE

Tonifies Qi, Blood, Yin and Yang.  
Strengthens the overall constitution of the body.

八寶粥

## INGREDIENTS

- 30 g (1 oz) red beans
- 30 g (1 oz) mung beans
- 40 g (1.4 oz) lotus seeds
- 30 g (1 oz) coix
- 40 g (1.4 oz) sweet, sticky rice
- 20 g (0.7 oz) longan fruit
- 30 g (1 oz) black rice
- 20 g (0.7 oz) wheat
- 20 cc (20 ml) rice wine

Makes 4-5 servings

## PREPARATION

- Place red beans, mung beans, lotus seeds, coix and wheat in a large pot and cover with 2 inches of water. Soak overnight to soften.

## COOKING

- Drain the beans. Put all the ingredients in a rice cooker. Add rice wine and 3000-4000cc of water. Cook.
- When done, add sugar, to taste, and stir until dissolved. Serve.