

A version of this simple rice milk recipe is made at Bumi Sehat, the birthing center we support with funds from our nut milk bag project. Made with fragrant Bali red rice the nutrient levels are high with proteins, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium and B-group vitamins. Perfect for the expectant mothers and served at the clinic when they come for appointments and check-ups

Rice Milk (cooked recipe)

Yield: 3 cups

Ingredients:

1/3 cup uncooked Rice
1 cup Water

Directions:

1. Bring 1 cup of water to a boil
2. Add rice and bring to a boil again. Once boiling, cover and reduce heat to low and simmer until rice is cooked about 40 minutes.
3. Rice will be soft and it could be a bit waterlogged; drain off any excess water if necessary.
4. Transfer rice to a blender and add 2 cups of warm water
5. Blend until well incorporated, about 2 to 3 minutes
6. Add another cup of warm water and blend again. If you prefer thinner rice milk, add another ½ to 1 cup warm water and blend again
7. Let mixture sit for 30 minutes to one hour until it cools down.
8. If necessary use a spoon to scoop any residue off the top of your milk mixture.
9. Using a "More Than a Nut Milk Bag" draped inside a pitcher, pour the rice / milk mixture into the bag and gently squeeze to remove all the milk leaving behind, in the bag, any larger pieces of rice not blended.

Options: you can add a few drops of vanilla or sweetener to taste