

YU'S ACUPUNCTURE & HERB CENTER

Eight-treasure Congee

Material:

Rice (Glutinous rice or Red/Black Glutinous rice are better): ½ Cup

Mung beans: ¼ Cup

Adzuki beans: ¼ Cup

White lentil beans: ¼ Cup

Red dates (Chinese Jujube): 10 pieces

Peanuts (Shelled but leave the red skin on): ¼ Cup

Lotus seeds: ¼ Cup

Longan (Dry shelled and pitted): about 25 pieces

Sugar (Brown Sugar or Crystal sugar are better): according to your taste

Water: ½ Gallon

Put all of above except sugar in to a slow cooker and cook for 5-8 hours till the peanut become tender, then add sugar according to your taste.

Note: Take off any of them that if you are allergic to.

You may add Shanyao(Chinese yam, dioscorea root), Qianshi (Gordon Euryale Seed). Etc.

Function: Tonify Qi (Vital Energy) and Blood, Strengthen Spleen and Tonify Kidney. It is a good food for rejuvenation and health maintenance.