



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Fermented Rice Bowl
Balanced Energy & Gut Support

www.consciousrewire.com

Fermented Rice Bowl

Balanced Energy & Gut Support

What This Supports

Supports carbohydrate energy and gut diversity.

Why It Works

Fermented vegetables add organic acids while rice provides accessible fuel.

Ingredients

Rice bowl

Ingredients:

cup sushi rice, cooked in broth

tbsp apple cider vinegar

$\frac{3}{4}$ cup diced red cabbage

$\frac{1}{2}$ cup lettuce leaves (or any light leafy green)

$\frac{1}{4}$ cup carrot ginger kraut

tbsp fermented salsa

-3 tbsp olive oil

-2 tbsp chia seeds

Salt, cinnamon, ginger powder

optional: 2 sausages

Directions

cup sushi rice, cooked in broth

.Heat rice, either by having cooked a fresh batch or by heating on low with 2 tbsp butter. Stir in apple cider vinegar

. Add veggies into warm rice and stir.

.Top with remaining ingredients and stir to combine.

Best Use

Suitable pre- or post-training.

Food Notes & Safety

Handle fermented foods with clean utensils.

Storage & Reheating

Refrigerate up to three days.