



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Rosemary and Beet Rice
Training-Day Carbohydrates & Micronutrients

www.consciousrewire.com

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Training-Day Carbohydrates & Micronutrients

What This Supports

Supports carbohydrate intake, circulation, and training recovery.

Why It Works

Beets provide nitrates linked to circulation, while rice supplies accessible energy for training days.

Ingredients

Rosemary and Beet Rice

Ingredients:

tbsp ghee

cup cooked rice

-2 tbsp liquid from roasting beets

tbsp fresh (or dried) rosemary

Salt and pepper to taste

Directions

cup cooked rice

. Heat ghee in a pan on medium low until melted and add the rice. Heat through, stirring constantly, careful not to let the oil bubble (bubbling oil means oxidizing fats, not what we want).

. Once heated move to a bowl and add in roughly chopped rosemary and juice from cooking beets.

. Stir and season with salt and pepper as desired.

Best Use

Best used pre- or post-training when higher carbohydrate intake is desired.

Food Notes & Safety

Cool promptly and store safely.

Storage & Reheating

Refrigerate up to four days.