

# *Golden Anti-Inflammatory Yellow Rice*

A fragrant, blood-sugar-balancing recipe infused with healing spices.



*This rice isn't just aromatic—it's medicine on a plate.  
Each ingredient works together to reduce inflammation, balance insulin, and support gut health.*

| INGREDIENTS   | INSTRUCTIONS   |
|---|--|
| <p>2 cups brown rice (rinsed until water runs clear)</p> <p>3 1/2 cups water (or 1 inch above the rice)</p> <p>bay leaf</p> <p>1/2 tsp coriander seeds</p> <p>1 garlic clove, smashed</p> <p>1/2 cube 'not-chicken' bouillon</p> <p>1/4 tsp smoked paprika</p> <p>1/2 tsp turmeric powder</p> <p>1 small star anise pod</p> <p>1/2 tsp sea salt (adjust to taste)</p> | <p>1. Rinse and Dry Sauté:<br/>Wash rice until water runs clear. Dry sauté over medium heat for 3–4 minutes to keep grains firm.</p> <p>2. Add Spices and Water:<br/>Add water, bay leaf, coriander seeds, garlic, bouillon, smoked paprika, turmeric, star anise, and salt.</p> <p>3. Boil, Then Simmer:<br/>Bring to a boil, reduce to simmer, cover, and cook 30 minutes or until tender.</p> <p>4. Rest and Fluff:<br/>Remove from heat, rest covered 5 minutes, then fluff with a fork.</p> <p>5. Serve Hot:<br/>Discard bay leaf and star anise. Serve with vegetables or plant-based protein.</p> |

## HEALTH BENEFITS

| INGREDIENTS     | BENEFITS   |
|-----------------|--|
| Coriander Seeds | Help lower post-meal blood sugar, reduce inflammation, and fight bacteria.     |
| Bay Leaf        | Supports insulin function and offers antifungal and antibacterial effects.     |
| Garlic          | Improves insulin sensitivity and naturally combats bacteria and viruses.       |
| Smoked Paprika  | Rich in carotenoids that reduce inflammation and improve circulation.          |
| Turmeric        | Curcumin lowers glucose, boosts insulin sensitivity, and reduces inflammation. |
| Star Anise      | Star Anise Enhances insulin activity, fights microbes, and aids digestion.     |