

# Myocopia Rice

1 cup sprouted brown rice  
2 cups steam distilled water  
¼ pound assorted myocopia  
1 tbsp olive oil  
⅛ cup cilantro  
1 cup bok choy, spinach or chard  
1 cup shredded carrots  
1 cup cherry or grape tomatoes  
½ lemon  
Pinch of cayenne pepper  
1 tbsp finely grated fresh ginger  
1 clove finely grated garlic  
1 tbsp tamari  
1 tsp nutritional yeast

Soak the brown rice in distilled water for 6 hours. Low heat the brown rice in the steam distilled water until all the water is absorbed and rice is soft. Put aside. Low heat the myocopia in the olive oil on the stovetop until a little brown, add the carrots, tomatoes, greens and cilantro. Heat until warm. Add the lemon juice, ginger, cayenne, garlic, tamari and nutritional yeast. Spoon myocopia and vegetables over the brown rice, add the garlic. Season with extra tamari to taste and enjoy your life force energy meal!



Recipe by Alexandra Toma