



## Strengthens Immunity Rice Paste 提高免疫功能糊

### Main ingredients:

2 cups      Red brown rice  
1000 ml     Water

### 材料:

2 杯            紅糙米  
1000 毫升    水

### Method 制作方法:

Add cold water into the i-chef jug until the maximum water level. Wash all the ingredients and place them into the i-chef filter, and close it tight. Press select dry/soak bean button, then press on button will be ready within 20 minutes. You may add honey accordingly.

在 i-chef 杯內加入冷水至水位線上，將主料和配料洗淨後放入 i-chef 網罩內擰緊，安裝完畢後插緊電源，按米糊鍵，再按啟動鍵，二十分鐘后即可制作完畢，可依個人口味加入適量的蜂蜜。

### Effectiveness 功效:

Helps in treating diabetes, strengthens immunity and body defence, and reduces risks of infections and cancer due to increase in high blood sugar.

有助治療糖尿病，提高免疫功能，減少因血糖升高而發生感染及癌的機會。