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Wakame Brown Rice

2 1/4 c Water

1 c Brown Rice

1 tbsp Butter (optional)

1 tsp Salt (optional)

1 tbsp Wakame Flakes

2 c Water

1 Ripe Avocado, diced

2 tsp Toasted Sesame Seeds

1 tsbp Lemon Juice

Bring 2 1/4 cups water, brown rice, butter and salt to a boil in a sauce pan. Reduce heat to medium-low, cover and simmer until tender, 45-50 minutes.

Soak wakame in 2 cups water for 5 minutes; drain in a mesh strainer. Gently fold in wakame, avocado, lemon juice. Add sesame seeds. Serve warm or cold.