



100%

紫黑米有「長生米」和「米中之王」之稱

台灣濁水溪米特選品種

產地：台灣



Rice-mate Part III:

Taiwan Black Rice – Vasal Protector

Rice process Patent: M347049



Black rice is a whole grain with its hull intact, so it requires a longer soaking, cooking time and more water than white rice. **To preserve more nutrients and the Anthocyanins content in the black rice bran. Our Patent makes black rice easy to cook as white rice, soak free and shorten cooking time**

More other research and comments as below:

- ◆ Black rice is a good source of minerals, incldg. iron, fiber and has a nutritional profile somewhat similar to brown rice. **The presence of anthocyanins gives it a nutritional edge over brown rice.**
- ◆ Anthocyanins are being studied for their role in **preventing a variety of chronic diseases incldg. cancer, diabetes, heart disease, and Alzheimer's disease.** Much of their benefit appears to stem from their anti-oxidant and anti-inflammatory properties.
- ◆ In fact, black rice extract was found to be as powerful as the prescription drug **Simvastatin**, a drug used to lower **cholesterol levels**

- ◆ “Just a spoonful of black rice bran contains more health promoting **anthocyanin antioxidants** than are found in a spoonful of blueberries, but with less sugar and more fiber and vitamin E antioxidants,” said Zhimin Xu, Associate Professor at the Dept of Food Science at Louisiana State Univ.
- ◆ A study published in the Oct. 2010 issue of the "Journal of Agriculture and Food Chemistry" found that **black rice bran has anti-inflammatory properties that reduce allergy, asthma and other disease symptoms.**

Although black rice contains many healthful, the key to following the healthiest diet possible is balance. We recommend eating servings of nonfat dairy, fruits, vegetables and lean proteins at each meal to get the variety of vitamins, minerals and nutrients that your body needs to thrive.

Instructions:

Black rice:

Mixed the black rice and white rice with **1:3** ratio. Rinse properly then adding cool running water 1:1 on the rice. No soaking, cook directly.

DIY Black rice powder:

You can make homemade black rice bran powder by grinding dried kernels in a coffee grinder. Put the powder on fish or in pancakes to add flavor, nutrients and color.

(more... please visit our web site.)

Black Rice 1Kg/pack



Black rice is hard to produce and management than other breed. The yearly production is about 4500 Kgs/Ha that is much lower than general rice production 11,000 Kgs/Ha. **So, get more packs while you could find it on the market.**

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