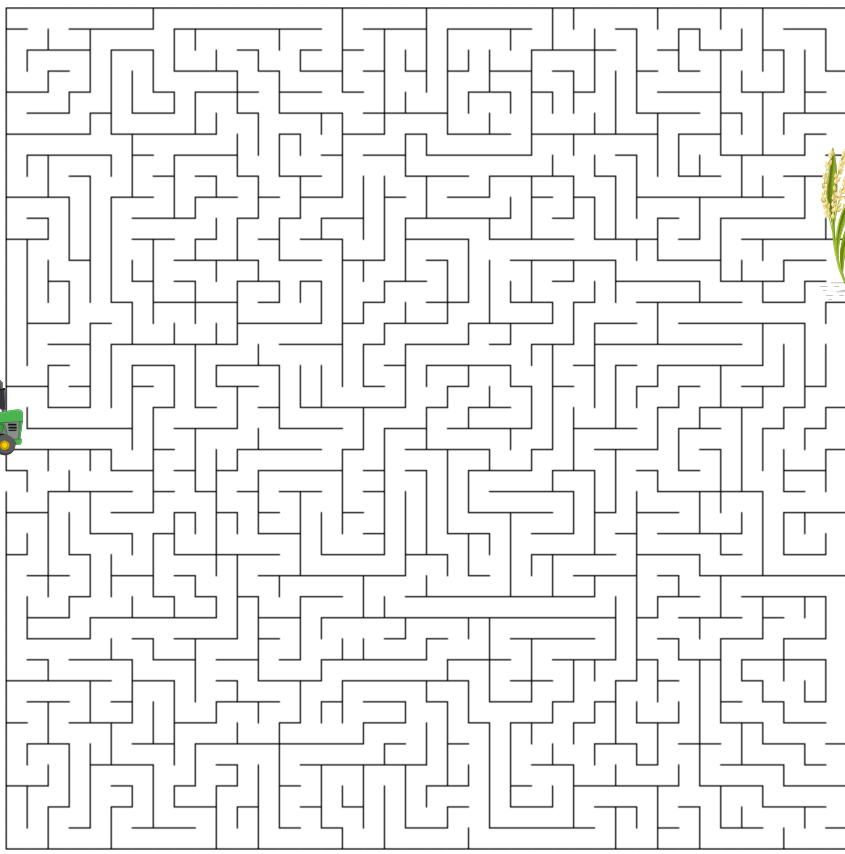


# RICE MAZE

Help farmer Greg through the rice field



IS **RICE** A  
HEALTHY GRAIN?

1.5g FIBER

0g FAT

38g CARBS

200 CALORIES

4g PROTIEN

5% VITAMIN B6

(Per cup, cooked, white rice)

CHOLESTEROL FREE

SODIUM FREE | FAT FREE

GMO FREE | SUGAR FREE

YUP!!

## Perfect Rice

Yields: 4 servings | Total Time: 30 minutes

### Ingredients

2 cups water    1 cup white long grain rice  
1 tbsp. butter    1 pinch of salt

### Directions

- 1 | In a medium saucepan, add water, rice, butter and salt. Bring to a boil while stirring occasionally.
- 2 | Once boiling, reduce heat to a simmer. Cover and cook for 18 minutes or until rice is tender and water is absorbed. Adjust time as needed.
- 3 | Remove from heat and let sit covered for 5 minutes. Fluff with a fork and serve.

## Rice Treats

Yields: 12 servings | Total Time: 30 minutes

### Ingredients

3 tbsp butter  
1 package JET-PUFFED marshmallows  
6 cups puffed rice cereal (any brand)

### Directions

- 1 | In a large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
- 2 | Add rice cereal. Stir until well coated.
- 3 | Using buttered spatula or wax paper, evenly press mixture into 13x9x2-inch pan coated with cooking spray. Let cool. Cut into 2-inch squares. Best if served the same day.

