



Basmati With Quinoa and Ground Porcini Mushrooms.

JYOTI Basmati-Quinoa is made with Imported **Basmati from India, Italian Porcini Mushrooms and Bolivian Quinoa**. These components cook well together and complement each other.

No salt or Sugar added !

DIRECTIONS: In a covered sauce pan, combine one cup of well mixed Basmati Quinoa blend with 2 cups of water or any broth, add salt and butter to your liking, bring to boil, reduce heat to low and cover. Let simmer undisturbed for 20 min. Uncover and check if there is any water in the bottom, which should be allowed to dry out at low heat, without cover. Cover and let cool for five min, fluff up with a fork and *Voilà* ! Serve hot !!

INGREDIENTS: Basmati Supreme Rice of India, Quinoa, Porcini Mushroom.

Following are unedited photos of the dry JYOTI Basmati-Quinoa-Porcini Rice blend, raw and as cooked:



Basmati-Quinoa-Porcini from the bag



Cooked Basmati-Quinoa-Porcini Rice



Porcini Mushroom (Photos from Wikipedia)

JYOTI Natural Foods
www.jyotifoods.com

Net Wt. 1 lb



Nutrition Facts		Amount/Serving	% DV *	Amount/Serving	% DV *
8 servings per container		Total Fat 1g	1%	Total Carb. 44g	16%
Serv. Size 2 oz (57g)		Sat. Fat 0g	0%	Fiber 1g	5%
Calories 210 per serving		Trans Fat 0g		Total Sugars 0g	
		Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 5g	
		Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.8mg 4% Potassium 120mg 2%			

CA prop 65 requires Rice containing foods to warn California customers about the presence of arsenic in Rice. Arsenic is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Rice is great for human body. The longest living people in the world are the Japanese, whose diet is mainly rice. In India, the first solid food ceremoniously given to an infant is rice. Yet, we must put this ridiculous warning here.