



Brown Basmati

With Wild Rice

JYOTI Brown Basmati-Wild Rice is a blend of Imported **Basmati from India and Wild Rice of North Dakota**. These components cook well together and complement each other. Wild rice takes much longer to cook than white rice, so we do not blend those.

No salt or Sugar added ! Whole Grains !

DIRECTIONS: In a covered sauce pan, combine one cup of Basmati Rice 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 35 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, serve hot !!

INGREDIENTS: Brown Basmati Rice of India, Wild Rice.

Following are unedited photos of the dry JYOTI Brown Basmati . Wild Rice blend, raw and as cooked:



Brown Basmati-Wild Rice from the bag, uncooked



Cooked Basmati-Wild Rice

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	8 servings per container	Total Fat 0g	0%	Total Carb. 45g
Serv. Size 2 oz (57g)	Sat. Fat 0g	0%	Fiber <1g	4%
Calories 210 per serving	<i>Trans Fat</i> 0g		Total Sugars 0g	
	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 0mg	0%	Protein 4g	
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.5mg 2% Potassium 80mg 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.