

**Zesty Brown Rice with Cinnamon & Cumin** (modified from Clean Food) **(Good for days 1,2,3,8,9,10)**

*Serves 6*

**1 ½ cups brown basmati rice**  
**3 cups water or vegetable stock**  
**1 cinnamon stick**  
**½ teaspoon cumin**  
**¼ teaspoon sea salt**  
**zest of 1 orange**  
**1 tablespoon toasted sesame oil**  
**½ cup toasted almond pieces**  
**½ cup coarsely chopped fresh cilantro or parsley**

1. Soak rice for 1 hour in bowl with enough water to cover.
2. Drain and place in rice cooker or large pot with water or stock, cinnamon stick, cumin, salt and orange zest.
3. Bring to a boil, cover, reduce heat and simmer until water is absorbed (about 25 minutes).
4. Remove from heat and discard cinnamon stick. Fluff with fork, toss with sesame oil, almond and cilantro or parsley and serve.