



Simple | Healthy | Delicious

## Mixed Super Grain Pilaf

### INGREDIENTS

1 cup Nature's Earthly Choice Super Grain Blend

Tamari (gluten-free soy sauce) to taste

Milled black pepper to taste

1 Tablespoon of hemp seed powder

Olive oil to taste

Half a lemon, squeezed



### DIRECTIONS:

1. Cook the Super Grain Blend according to packaging instructions.
2. Add the tamari, milled black pepper, hemp seed powder and olive oil.
3. Squeeze lemon on top and serve