



# 核桃 (三)

## Walnuts (3)

法界佛教印經會提供

BY THE DHARMA REALM BUDDHIST BOOKS DISTRIBUTION SOCIETY  
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### 核桃仁粥

#### 材料：

核桃仁20g(採用美國萬佛城自產之有機核桃效果最佳)糙米半杯，原味黃冰糖適量。

#### 作法：

胡桃仁搗細備用。糙米泡一夜加入適量水，煮成半熟時，再加入細核桃仁，用文火煮稠，加入原色冰糖，攪拌均勻至糖完全溶化即成。

此粥可健脾益胃、補腎強腰、潤肺止咳。可在早、晚餐時用，但有痰火積熱者少服。

☞待續



### Walnut Porridge

#### Ingredients:

Walnuts 20g (preferably the organically grown walnuts produced by the City of Ten Thousand Buddhas), brown rice ½ cup, original flavor brown rock sugar (as needed).

#### Directions:

Crush walnuts to a fine consistency. Soak brown rice overnight, cook halfway using as much water as needed, then add crushed walnuts. Gently heat over a slow fire until mixture thickens, then add original flavor rock sugar and stir evenly until sugar has melted.

This porridge can improve the spleen, stomach, and kidneys and strengthen the waist, moisten the lungs and cure coughs. It can be eaten in the morning or at night. However, people with phlegm or heat should consume less of it.

☞To be continued