

# Strawberry, Blueberry Wild & Brown Rice Salad

## Ingredients

- 2 ½ cups water, divided
- ½ cup wild rice
- ¼ cup brown rice
- 1 cup sliced strawberries
- ½ cup blueberries
- ¼ cup Maple syrup

## Directions

### Step 1

Bring 2 cups water and wild rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender, 30 to 45 minutes. Drain excess liquid, fluff rice with a fork, and cook uncovered, about 5 minutes more. Fluff rice again and let cool.

### Step 2

Bring 1/2 water and brown rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, about 45 minutes. Fluff rice and let cool

### Step 3

Once cool fluff rice once more to make sure rice is not sticking together. Then combine sliced strawberries, blueberries and maple syrup a large salad bowl. Stir in brown rice, wild rice, slowly so fruit is not crushed. Let it rest over night in the fridge. If you would like to add more flavor some cinnamon can be added to taste. More maple syrup might need to be added if the rice has absorbed it all be careful to not to add to much and you want to just taste the maple flavor.