



### **Traditional Persian Food's Wild Blueberry Basmati Rice**

2 cups (500 ml) basmati rice  
3 ½ cups water  
3 ½ tbsp oil  
4 tsp sugar  
3 tsp salt  
2 tsp cumin  
1 cup (250 ml) wild blueberries



#### **Directions:**

1. Boil basmati rice in 3 ½ cups of water.
2. Mix together oil, salt, sugar, cumin and wild blueberries.
3. Add wild blueberry mixture to cooked rice and stir to combine

#### **About the Wild Blueberry Association of North America**

The Wild Blueberry Association of North America (WBANA) is an international trade association of growers and processors of wild blueberries from Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Maine, dedicated to bringing the wild blueberry health story and unique wild advantages to consumers and the trade worldwide. For news, recipes, and related health information about wild blueberries visit [www.wildblueberryassociation.ca](http://www.wildblueberryassociation.ca) or [www.wildblueberries.com](http://www.wildblueberries.com). For the latest updates, read our [blog](#). Visit us on [Facebook](#), [Twitter](#), or [Instagram](#).

-30-

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