

食譜

Recipes



Chrysanthemum Drink with Wolfberries

Ingredients:

(Serves about 2 persons)

Chrysanthemum Small amount

Wolfberries Small amount

Hot water 2 cups

(Remark: 1 cup ≈ 240 ml)



Method:

1. Wash the chrysanthemum and wolfberries, then place them in the cups.
2. Pour hot water into the cups. Brew for 5 to 10 minutes and serve.



Nutrition Tips

1. Wolfberries and chrysanthemum are natural ingredients without caffeine. Children can also consume this drink moderately.
2. To add variety to the drink, chrysanthemum can be substituted with healthy ingredients such as red dates and dried longans.