

食譜

Recipes



Coixseed Soup with Dried Longans, Lily Bulbs and Lotus Seeds

Ingredients:

(Serves about 4 persons)

Raw coixseeds	Small amount
Cooked coixseeds	Small amount
Lily bulbs	Small amount
Lotus seeds	Small amount
Dried logans	10 pieces
Water	6-7 cups

(Remark: 1 cup ≈ 240 ml)



Method:

1. Wash all ingredients. Set aside.
2. Pour water into the pot and add all the ingredients.
3. Bring all the ingredients to the boil over high heat, then simmer over medium heat for 1 hour and serve.



Nutrition Tips

1. Dried longans are longans after drying in the sun. It contains natural sweet flavour that adds sweetness to the drink.
2. Raw coixseeds, cooked coixseeds, lily bulbs and lotus seeds are natural ingredients that provide dietary fibre.