

Gold and Silver Dessert Soup (2 servings)

Ingredients :

Corn Kernels	X	1/2 medium bowl
Water Chestnuts	X	1/2 medium bowl (~5-6 pieces)
White Fungus	X	1 piece (~10g)
Calcium fortified soy milk	X	1.5 cup (360mL)
Water	X	0.5 cup (120mL)

Methods :

- 1) Immerse the white fungus in water until soften, wash thoroughly then tear to small pieces for use
- 2) Wash the water chestnuts, peel and cut into small cubes
- 3) Put water into saucepan, add corn kernels and water chestnuts to cook for 15-20 minutes, then add white fungus and Calcium fortified soy milk to boil. Ready to serve.

Dietitian's Tips :

- The use of corn kernels, water chestnuts and white fungus provides not only crunchy texture but also increases the fibre content of the dessert soup.
- Calcium fortified soy milk contains sugar, we can add less sugar when cooking while increases our calcium intake.

Other Tips:

We should be cautious about safety when cooking and not to allow young children to go into the kitchen. On top of that, we should be careful of the fire, avoid hair or other flammable materials being placed closely to the fire.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
141.3	5.6	3.3	22.1	2.9	308.7

*the above data is general information for reference.