

Lotus Seed & Ginkgo Sweet Dessert

Serves 10

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Ingredients

- 15 red dates
- 50g dried longan
- 200g lotus seed, soaked in hot water, drained
- 100g lily bulb, soaked in hot water, drained
- 30 ginkgo nuts, canned, drained
- 8 cups water
- 100g sugar
- 3 pandan leaves

Method

1. Put red dates, dried longan and pandan leaves in a pot of water.
2. Boil under medium heat for 30 minutes.
3. Add lotus seed and lily bulb. Add sugar to sweeten.
4. Once cooked, turn off flame and add ginkgo nuts.
5. Serve hot.

Nutrition Information

Energy	165 Kcal
Carbohydrate	33 g
*Carbohydrate Exchanges =	~ 2
Protein	6 g
Fat	1 g
Saturated Fat	0.2 g
Cholesterol	0 mg
Dietary Fibre	1.6 g
Sodium	57 mg