

## Housing Channel

### Title: Healthy Recipes for Elderly II - Grass Jelly Watermelon Bowl

- Super: Healthy Recipes for Elderly II
- Super: Cooling Series  
Grass Jelly Watermelon Bowl
- Super: Low in calories
- Super: Watermelon contains antioxidants
- Super: Ingredients (4 servings)  
Mini Watermelon 1/2 pc  
Unsweetened Grass Jelly 1 can / 530g  
Blueberries 1/4 cup  
Low Fat Milk 120ml
- Super: Unsweetened soy milk or plant-based milk  
can substitute for low-fat milk
- Super: Scoop out watermelon flesh balls
- Super: Set watermelon juice aside
- Super: Dice grass jelly
- Super: Use the emptied watermelon as container
- Super: Garnish with blueberries
- Super: Add an appropriate amount of  
watermelon juice and low fat milk
- Super: Grass Jelly Watermelon Bowl