

Housing Channel

Title: Healthy Recipes for Elderly II – Pumpkin, Milk and Sago Sweet Soup

- Super: Hydrating Series
Pumpkin, Milk and Sago Sweet Soup
- Super: An autumn produce
In-season pumpkin is fresh and sweet
- Super: With natural sweetness of pumpkin
less sugar can be used
- Super: Ingredients (4 servings)
Pumpkin 8 taels / 320g
Sago 1 tael / 40g
Low-fat milk 240ml
Rock sugar 3/4 tael / 30g
Water 6 bowls
- Super: Peel, deseed and cut pumpkin into pieces
- Super: Steam for 10 to 15 minutes until softened
- Super: Mash into puree
- Super: Bring 4 bowls of water to a boil
- Super: Put in sago and boil with medium heat for 5 minutes
- Super: Turn off the heat and cover the pot with a lid
Leave for 10 minutes until sago turns translucent
- Super: Rinse with cool water, drain then set aside
- Super: Bring 2 bowls of water to a boil
- Super: Add in rock sugar and low-fat milk
- Super: Simmer until rock sugar dissolved
- Super: Add in pumpkin puree and stir until smooth
- Super: Add in sago and mix well before serving
- Super: Pumpkin, Milk and Sago Sweet Soup