

Housing Channel

Title: Healthy Recipes for Elderly II – Chrysanthemum, Longan and Wolfberry Tea

- Super: Hydrating Series
Chrysanthemum, Longan and Wolfberry Tea
- Super: Refreshing, sweet and mellow. Good for hydration
- Super: Natural sweetness. No sugar needed
- Super: Ingredients (2 servings)
Dried Chrysanthemum 5g
Dried Longan 10g
Dried Wolfberries 10g
Water 0.5L
- Super: Soak chrysanthemum, longan and wolfberries in cold water
- Super: Bring 0.5 litre of water to a boil
- Super: Add in all ingredients
- Super: Turn to low heat and simmer for 10 minutes after boiled
- Super: Turn off the heat, then put the lid on and leave for 20 minutes before serving
- Super: Chrysanthemum, Longan and Wolfberry Tea