

## Housing Channel

### Title: Low-sugar Purple and Yellow Sweet Potato Sweet Soup

- Super: Healthy Recipes for Elderly II
- Super: Warming Series  
Low-sugar Purple and Yellow Sweet Potato Sweet Soup
- Super: Ginger can bring warmth to the body
- Super: Sweet potatoes are rich in dietary fibre and nutrients
- Super: Ingredients (4 servings)  
Purple sweet potato 6 taels / 240g  
Yellow sweet potato 6 taels / 240g  
Ginger 4 slices  
Brown sugar 20g  
Water 4 bowls
- Super: Wash, peel and cut sweet potatoes into pieces
- Super: Peel and slice ginger
- Super: Put sweet potatoes and ginger into boiling water  
Bring to a boil over high heat, then simmer for 20 minutes over low heat
- Super: Add brown sugar and stir until dissolved
- Super: Low-sugar Purple and Yellow Sweet Potato Sweet Soup