

Housing Channel

Title: Black Sesame Low Sugar Soy Milk with Oats

- Super: Healthy Recipes for Elderly II
- Super: Warming Series
Black Sesame Low-sugar Soy Milk with Oats
- Super: Black sesame is rich in unsaturated fatty acids and calcium
- Super: Oat bran contains more soluble fibre than regular oatmeal
- Super: Ingredients (4 servings)
Unsweetened Soy Milk 1L
Black Sesame Powder 30g
Brown Sugar 20g
Oat bran 40g
- Super: Heat unsweetened soy milk
- Super: Add black sesame powder
- Super: Bring it to a boil and stir well
- Super: Add brown sugar and stir until completely dissolved
- Super: Add oat bran and stir until well before serving
- Super: Black Sesame Low Sugar Soy Milk with Oats