

## Housing Channel

### Title: Beancurd Sheet and Pearl Barley Sweet Soup

- Super: Healthy Recipes for Elderly II
- Super: Refreshing Series  
Beancurd Sheet and Pearl Barley Sweet Soup
- Super: A high protein dessert, also suitable for vegetarians
- Super: Pearl barley is rich in dietary fibre,  
which helps prevent constipation
- Super: Ingredients (4 servings)  
Beancurd Sheets 50g  
Pearl Barley 30g  
Ginkgo Nuts 10 pcs / 30g  
Eggs 4 pcs  
Rock Sugar 1 tael / 40g  
Water 8 bowls
- Super: Take out the core of ginkgo nuts and soak for 1 hour
- Super: Soak pearl barley for 30 minutes and set aside
- Super: Cook eggs and remove shells
- Super: Soak beancurd sheets until softened
- Super: Add in beancurd sheets, pearl barley and ginkgo nuts and bring it to a boil.  
Then simmer on low heat for 30 minutes
- Super: Add in rock sugar and eggs then boil for 5 minutes
- Super: Beancurd Sheet and Pearl Barley Sweet Soup