

Housing Channel

Title: Autumn Recipe – Fig and Pear Dessert Soup

- Super: Healthy Recipes for Elderly
- Super: Autumn Recipes
Fig and Pear Dessert Soup
Nourishing and rich in dietary fibre
- Super: A flavourful dessert using seasonal autumn produce
- Super: Softened pears are easy to chew
- Super: Ingredients (4 servings)
Dried fig (1 pc.)
Pears (2 pc.)
Candied date (1 pc.)
Rock sugar (30 g)
Water (5 bowls)
- Super: Pears
- Super: Dried fig
- Super: Bring to a boil and simmer
15 minutes
- Super: Rock sugar
Cook till rock sugar melts
Other fruits, e.g. apple, may be used instead
- Super: Autumn Recipes
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Please visit Elderly Health Service, Department of Health's
website for more healthy recipes
www.elderly.gov.hk