



Beancurd Sheet and Pearl Barley Sweet Soup

Egg and beancurd sheet are rich sources of protein. Taking the sweet soup as a dinner dessert or afternoon snack helps to enrich energy intake and prevent muscle loss.



Ingredients

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| 1. Beancurd sheets | 50 g |
| 2. Pearl barley | 30 g |
| 3. Ginkgo nuts, shelled | 10 pcs (~30 g) |
| 4. Eggs | 4 pcs |
| 5. Rock sugar | 1 tael (~40 g) |
| 6. Water | 8 bowls
(Using 2 bowls to cook the eggs) |

Method

1. Remove the core of ginkgo nuts. Soak for an hour.
2. Soak the pearl barley in water beforehand for half an hour. Drain before use.
3. Boil 2 bowls of water in a saucepan. Cook 4 eggs for 8 minutes. To shell for later use.
4. Soak the beancurd sheets until softened. Drain before use.
5. Boil 6 bowls of water. Add the beancurd sheets, pearl barley and ginkgo nuts and cook with low heat for 30 minutes.
6. Finally add the rock sugar and the boiled eggs. Cook for 5 minutes before serving.

Nutrition / Preparation Tips

1. Pearl barley is a rich source of dietary fibre, which stimulates bowel movement and prevents constipation.
2. Beancurd sheet and egg are rich sources of protein and they made up the non-meat protein sources of a vegetarian diet.

Notes for Special Diets

● Diabetic diet

Use artificial sweetener to replace rock sugar. Some artificial sweeteners will lose their sweetness at a high temperature and should be added after turning off the heat. Each serving should still be exchanged for 2 pieces of soda crackers (1 carbohydrate exchange).

Nutrient Analysis(per serving)

Energy(kcal)	200
Carbohydrate(g)	22
Protein(g)	12
Fat(g)	7
Dietary fibre(g)	1
Sodium(mg)	67

