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

- 1. Beancurd 50 g sheets
- 2. Pearl barley 30 g
- 3. Ginkgo nuts, 10 pcs (~30 g) shelled
- 4. Eggs
- 5. Rock sugar
- 6. Water
- 4 pcs 1 tael (~40 g)

(Using 2 bowls to cook

8 bowls

the eggs)



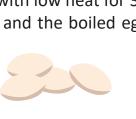
(Serves 4)

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





Department of Health

Elderly Health Service, Department of Health Website : www.elderly.gov.hk Elderly Health Infoline : 2121 8080