



# Chrysanthemum, Longan and Wolfberry Tea

(Serves 2)

It is important to keep well-hydrated in dry days. This chrysanthemum tea is a simple healthy drink with natural sweetness given by longan and wolfberry.



## Ingredients

- |                        |       |
|------------------------|-------|
| 1. Dried chrysanthemum | 5g    |
| 2. Dried longan        | 10g   |
| 3. Dried wolfberries   | 10g   |
| 4. Water               | 500ml |

## Method

1. Rinse the dried chrysanthemum, longan and wolfberries, soak in cold water for 10 minutes.
2. Bring 500 ml of water to a boil, put in all ingredients, bring to a boil again, then turn to low heat and simmer for 10 minutes. Turn off the heat and put the lid on for 20 minutes before serving.

## Nutrition / Preparation Tips

1. Chrysanthemum and longan impart fragrance and sweetness to this drink, making it more appetizing for the elderly to replenish fluids.
2. Osmanthus could be used to replace chrysanthemum.

## Notes for Special Diets

### ● Diabetic diet

As longan and wolfberries are rich in carbohydrates, it is recommended to half the quantity used, and drink 1 cup each time. If the longan and wolfberries are consumed, exchange each serving for  $\frac{3}{4}$  serving of fruit ( $\frac{3}{4}$  carbohydrate exchange).

## Nutrient Analysis(per serving)

Energy(kcal)	33
Carbohydrate(g)	8
Protein(g)	1
Fat(g)	0
Dietary fibre(g)	0.7
Sodium(mg)	0.1

