

# Pumpkin, Milk and Sago Sweet Soup



The seasonal pumpkin gives sweetness to this dessert, reducing the amount of sugar used. Addition of low-fat milk increases the calcium content of this dessert.



## Ingredients

1. Pumpkin 8 taels (~320 g)
2. Sago 1 tael (~40 g)
3. Low-fat milk 240ml
4. Rock sugar  $\frac{3}{4}$  tael (~30 g)
5. Water 6 bowls  
(4 bowls for cooking the sago)



## Method



1. Rinse the pumpkin. Peel, deseed and cut into pieces. Steam for 10 to 15 minutes until the pumpkin softens. Then mash the pumpkin into puree.
2. Bring 4 bowls of water to a boil, put in the sago and boil over medium heat for 5 minutes. Then turn off the heat and cover the pot with a lid. Let the sago continue to be cooked in the residual heat for 10 minutes until it turns transparent. Cool the sago under running water, drain and set aside.
3. Bring 2 bowls of water to a boil, add in rock sugar and milk. Cook over low heat until rock sugar dissolved. Add in pumpkin puree, stir to mix well.
4. Finally add in the cooked sago and mix well.

## Nutrition / Preparation Tips

1. Pumpkin is rich in carbohydrates, potassium and beta-carotene. It is also soft in texture and suitable for the elderly.
2. Purple sweet potato can substitute for pumpkin. The purple colour can stimulate elderly's appetite.
3. Most sago dessert soups sold are made with coconut milk which is high in saturated fat. In this recipe, coconut milk is replaced with low-fat milk, which can increase the calcium content while lowering the consumption of saturated fat.

## Notes for Special Diets

### ● Diabetic diet

Use artificial sweetener instead of 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 3 pieces of soda crackers (1- $\frac{1}{2}$  carbohydrate exchange).

## Nutrient Analysis(per serving)

|                  |       |
|------------------|-------|
| Energy(kcal)     | 147   |
| Carbohydrate(g)  | 24    |
| Protein(g)       | 3     |
| Fat(g)           | 1     |
| Dietary fibre(g) | 1.5   |
| Sodium(mg)       | 116.5 |

