



Serves: 4

Papaya Milk and Lotus Seed Dessert

Ingredients

- Hawaiian papaya, small 4
- Lotus seeds 24
- Low-fat milk 4 cups
- Rock sugar 60g
- Water for cooking rock sugar 1 cup

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.

Method

- Soak lotus seeds in hot water thoroughly and remove central stalks.
- Add a suitable amount of water and cook for ½ hour. Cover for 15 minutes.
- Wash rock sugar and heat with 1 cup of water. Turn off the heat after rock sugar has dissolved completely.
- Add in low-fat milk.
- Wipe the outer part of the Hawaiian papayas dry.
- Remove 1-inch from the upper part of Hawaiian papayas to make lids.
- Remove seeds and pith.
- Pour in milk and lotus seeds.
- Cover with papaya lids.
- Steam for ½ hour. Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 275kcal
Protein 10.2g
Total fat (g and % of total calories)
5.4g (17.2%)
Saturated fat 3.3g
Cholesterol 21mg
Carbohydrate 48.2g
Dietary Fibre 3.6g
Sodium 112mg