



Serves: 4

Snow White Coconut Cocktail Served in Coconut Cups

Ingredients

- Thai coconut 4
- White fungus 20g
- Low-fat milk 1 cup
- Rock sugar 100g
- Water to cook with rock sugar 1 cup
- Coconut juice 1 cup

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.

Method

- Soak white fungus in water until tender.
- Remove hard portions and cut the remainder into small pieces.
- Parboil in boiled water till cooked and rinse with cold water.
- Wash rock sugar. Cook with 1 cup of water.
- Turn off the heat after the rock sugar has dissolved completely.
- Cut the top ½-inch of the Thai coconuts to make lids. Remove the juice from coconut.
- Add milk and coconut juice to the sugar syrup.
- Pour in the milk mixture and add white fungus into the Thai coconut "cups". Cover with lids. Serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 116kcal
Protein 2.9g
Total fat (g and % of total calories)
1.5g (11.4%)
Saturated fat 1.03g
Cholesterol 5mg
Carbohydrate 22.9g
Dietary Fibre 2.2g
Sodium 95mg