

Che Ba Mau – Vietnamese Three Colour Bean Dessert

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/che-ba-ba-recipe-in-vietnamese>

Ingredients:

- 1/2 cup mung beans split, hulled, soaked overnight
- 1 tablespoon agar agar powder
- 2 tablespoons sugar
- 2 cups water
- 3 drops pandan flavouring
- 1/2 sugar
- 1/2 cup water
- 1 can coconut cream alternatively, you can refrigerate a can of full-fat coconut milk, then take the thick cream
- 2 tablespoons sugar you can add more if you'd like
- 1 can red kidney beans try to find low sodium, rinsed very well and drained
- 2 cups ice shaved

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 19 grams
3. Fat: 1 grams
4. Protein: 6 grams
5. Sodium: 55 milligrams
6. Sugar: 13 grams

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