

Chinese Almond Dessert

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-almond-tea-dessert-recipe>

Ingredients:

- 1 cup almonds
- 3 3/8 cups water + plus extra for soaking
- 3 7/16 tablespoons rice
- 3 1/16 tablespoons rock sugar
- 1 egg white

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 18 grams
3. Fat: 29 grams
4. Fiber: 7 grams
5. Protein: 14 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 40 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Chinese Almond Dessert above. You can see more 18 chinese almond tea dessert recipe Ignite your passion for cooking! to get more great cooking ideas.