

Eight Treasure Rice Pudding

Chinese new year dish

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eight-treasure-rice-pudding-recipe>

Ingredients:

- 1 handful sugar glazed cherries
- raisins Handful of black
- raisins Handful of yellow
- 1 handful lotus seeds sugar, available in Chinese supermarket
- 1 dried apricot
- 2 cups glutinous rice “round”
- 100 grams red bean paste available in Chinese supermarket
- 1 tablespoon sunflower oil
- 1/4 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon honey
- 1/2 cup water
- 2 tablespoons water potato starch, 1/2 teaspoon potato starch with 1 tablespoon water and mix evenly
- 1 drop rose or any kind of flower essence.

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 120 grams
3. Fat: 4.5 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. Sodium: 160 milligrams
7. Sugar: 41 grams

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