

Chinese Steamed Red Bean Buns

Yield: 20 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-red-bean-mooncakes>

Ingredients:

- 1 cup warm water about 105-110F [237ml, 40.5-43C]
- 1/4 cup soy milk sweetened condensed, or your choice of liquid sweetener [60ml]
- 3 cups all purpose flour [360g]
- 2 teaspoons instant yeast or traditional, [10cc]
- 1 1/4 cups sweet red bean paste [295ml]

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 14 grams
3. Fiber: 1 grams
4. Protein: 2 grams

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