



Recipe by Dietitian Jowynna Yeo

Pumpkin Agar Agar Mooncake

Mid-Autumn Festival is around the corner!

Did you know that mooncakes are usually high in calories, sugar and fat? This Pumpkin Agar Agar Mooncake is a healthier alternative for you and your family.

Credits: Dietitian Jowynna Yeo

Key facts

Preparation: 10 mins

Cooking: 20 mins

Total: 30 mins

Serves: 4

Ingredients

- 80g **Organic Australian Pumpkin**
- 10g **Agar Agar threads**
- 400ml water
- 3 tbsp **SN Organic Coconut Nectar Sugar**
- 1/2 tbsp SN Organic Chia Seeds
- 1 tbsp SN Organic Goji Berries

Method

1. In a saucepan, soak agar agar in 300ml water and set aside. This step helps to speed up the cooking process later.
2. Remove the skin and chop pumpkin into small chunks. Steam the pumpkin for approximately 10 minutes until soft.
3. Once done, add 100ml water to the steamed pumpkin and puree in a blender. Set aside.
4. Next, cook agar agar on medium heat until the agar agar threads has dissolved completely.
5. Once the agar agar has dissolved, add in the pumpkin puree mix and allow mixture to boil.
6. Then, lower the heat and in the toppings (goji berries and chia seeds). Mix well. Allow to cook for another minute before turning the heat off.
7. Lastly, transfer the mixture into the jelly moulds. Allow the agar agar to set completely (~1 to 2 hours), then transfer into the fridge. Best enjoyed while cold!