

Snow Fungus Soup



An Asian sweet soup (tong sui) believed to be a longevity tonic in traditional Chinese medicine that can be enjoyed as dessert or a snack between meals.

Key facts:

- Preparation: 10 mins
- Cooking: 30 mins
- Total: 40 mins
- Serves: 2-3

Ingredients

- 5g Organic Sun-Dried Goji Berries
- 20g Organic Adzuki Bean
- 20g Organic Mung Bean
- 1pcs Qing Yuan Dried White fungus
- 1 liter filtered water
- 50g Organic Cane sugar

Method:

1. First, soak the white fungus around 5 minute
2. Cut the white fungus in piece
3. Boil 1 liter filtered water and add all the ingredients into the pot
4. Cook all the ingredients around 30 minutes
5. Ready to serve