

# Eight Treasure Healthy Dumpling



Better than the typical meat dumpling (Ba Zhang) loaded with fat, this recipe is made from food ingredients rich in fiber, antioxidants and plant-based protein, which is commonly lacking in the typical rice dumplings sold in the market. Glutinous millet used as the main ingredient in this recipe is a wise replacement of glutinous rice, as it gives a sticky texture to your dumpling but with a more impressive nutrition profile.

A total of 8 treasures (nutritious ingredients) are used, and it has the auspicious meaning that symbolises wealth and abundance. The different variety and color of the grains and beans used not only gives vibrant color, but each type contributes to its distinct flavour, texture and nutritional value. Not to forget that grains and beans are recognised as weight-friendly food. The addition of dried fruits like fig and red date adds natural sweetness to the dumplings.

The use of Organic Coconut Nectar Sugar as dumpling dip is the best accompaniment, as it is low in GI and able to satisfy one's sweet tooth in a guilt-free manner.

## Key facts:

- Prep Time: 4 hours
- Cooking Time: 4 hours
- Total Time: 8 hours

Serves: Make around 20 small dumplings with 8cm bamboo leaves

## Ingredients:

- 500g Organic Glutinous Millet
- 40g Organic Raw Peanut Kernels
- 40g Organic Adzuki Bean
- 40g Organic Mung Bean
- 40g Organic Garbanzo Bean
- 30g Organic Quinoa
- 30g Organic Hulled millet
- 1 Organic Red Date for each dumpling
- 1 quarter wedge Organic Smyrna Dried Fig for each dumpling
- Organic Coconut Nectar Sugar (For dipping)
- Bamboo Leaves (For wrapping)

## Method:

1. Soak glutinous millet, peanut, adzuki bean, mung bean and Garbanzo bean for at least 4 hours or overnight in the refrigerator.
2. Soak quinoa and hulled millet for 1 hour. While waiting, boil the soaked Garbanzo beans.
3. Boil to soften the bamboo leaves.
4. Remove the stone from red dates and cut the dried figs into quarters. Drain all the grains and beans and mix them well in a big bowl.
5. Wrap the ingredients in the bamboo leaves.
6. Put the dumplings into boiling water and simmer them for at least 3 hours.
7. Remove the dumplings from water and cool them before you serve. (Don't be impatient, opening the dumplings too soon will let out the steam and cause dryness).
8. Serve the dumplings with coconut nectar sugar as dipping.