

**Recipe:** Chrysanthemum with Luo Han Guo Drink (lower in sugar)

Drink

*Quench your thirst and stay cool with this refreshing drink infused with chrysanthemum, luo han guo and wolf berries.*

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: 20 children

Per serving = 1 glass of 200 ml

### Ingredients

- 5 litres of water
- 50 g of dried Chrysanthemum flowers
- 20 g of dried wolf berries
- 2 whole luo han guo



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### Methods

1. In a deep sauce pot, add water, chrysanthemum flowers, wolf berries, luo han guo and bring to a boil.
2. Reduce heat and simmer for another 1 minute.
3. Shut off fire and set aside to cool.
4. Strain the chrysanthemum drink through a sieve.
5. This drink can be served warm or at room temperature, and may also be kept refrigerated for up to 3 days.

### Tips

- *Luo han guo and wolfberries are used for enhancing the sweetness of the drink without the need for any sugar.*
- *During preparation, do not boil for more than 15 minutes to avoid bringing out the bitterness of the chrysanthemum flowers.*

### Nutrition Information

**(Per serving): 200 ml**

**Energy 19.0 kcal**

**Protein 0 g**

**Total fat 0 g**

**Saturated fat 0 g**

**Carbohydrates 5.0 g**

**Total Sugar 0 g**

**Dietary fibre 0 g**

**Sodium 0 mg**

This recipe costs \$0.20