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

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