

Barley Dessert

Serves 2



Prep time: 10 mins

Cook time: 30 mins

Ingredients:

- $\frac{3}{4}$ cup pearl barley
- 100g sweet potato, chopped into cubes
- 200g papaya, cut into cubes
- $\frac{1}{4}$ cup white fungus, washed and soaked
- 2 tsp (10g) rock sugar (optional)
- 1.2L water
- 6 pieces dried or fresh longan, shell removed and pitted

Method:

1. Rinse the barley and boil it in water for 15-20 minutes.
2. Add the sweet potatoes.

3. Once the barley and sweet potatoes are soft, add the white fungus and rock sugar (if desired).
4. Mix well.
5. Add the papaya cubes and longans.
6. Serve hot or chilled.

Healthier Eating Tips

Wholegrains such as barley contain fibre that can help lower cholesterol and manage blood glucose levels. However if you are diabetic, be mindful when having this dessert. You may want to have a smaller portion.

If you have problems chewing, this dessert is one you can enjoy because the ingredients have been softened from boiling.

