



Serves: 4

Steamed Cassava with Milk and Honey

Ingredients

- Cassava 400g
- Low-fat milk 200ml
- Cinnamon/Kayu manis 1 tsp
- Salt, to taste
- Honey 8 tsp
- Desiccated coconut, garnish (optional) 4 tsp

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- The recommended amount for sodium a day is not more than 1 teaspoon of salt.
- As coconut milk is high in saturated fat, try substituting at least one quarter of the coconut milk with low-fat milk, low-fat yoghurt, and water or soup stock to create healthier dishes.

Method

- Cut cassava into small pieces.
- Mix with low fat milk, salt, and cinnamon.
- Boil until cassava is cooked.
- Remove and drizzle with honey.
- Garnish with desiccated coconut and serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 237kcal

Protein 2.6g

Total fat (g and % of total calories)
2.5g (9.5%)

Saturated fat 1.9g

Cholesterol 2mg

Carbohydrate 51.8g

Dietary Fibre 2.2g

Sodium 171mg