





## Bountiful Spring Yu Sheng




This recipe serves 6 to 8 adults.  
Each serving contains 139 to 185 kcal.

### Ingredients:

- 100g fresh salmon<sup>1</sup>, thinly sliced
- 2 cups white radish, thinly shredded
- 2 cups carrot, thinly sliced
- 1 cup cucumber, thinly shredded
- 1 red capsicum, thinly sliced
- 1 tsp pickled ginger, thinly shredded
- 4 sprigs of fresh Chinese parsley
- ¼ cup of chopped peanuts, roasted and unsalted 
- Toasted sesame seeds for garnish
- 1 tbsp five spice powder 
- ¼ cup whole-wheat crackers, crushed

### Dressing:

- ½ cup of plum sauce
- 1 tbsp lemon juice
- ¼ cup of water

- 1 tsp peanut or corn oil 
- 1 tsp sesame oil 
- 1/8 tsp five spice powder 

### Method

- To make the dressing, combine all ingredients under “Dressing” and set aside.
- Arrange the salmon slices in the centre of a large platter.
- Place each type of vegetable in sections around the platter.
- Sprinkle the pickled ginger, peanut, sesame seeds, parsley and whole-wheat crackers over the vegetables.
- Pour the dressing evenly.
- You are ready to toss for good health!

<sup>1</sup> Members of the public should note that there are always risks involved in consuming raw food as harmful bacteria may be present. Those who wish to purchase ready-to-eat (RTE) raw fish dishes are advised to do so from retail food establishments that have separate processes to handle RTE raw fish from other raw food meant for cooking. For more information, please refer to NEA's advisory on the consumption of raw fish at [www.nea.gov.sg](http://www.nea.gov.sg).




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## Colours of Prosperity Yam Cake

This recipe makes 20 pieces of yam cake. Each piece contains 60 kcal.


### Flour mixture:

- 250g brown rice flour 
- 50g tapioca flour
- 900ml water
- 2g salt

### Fillings:

- 20g garlic, chopped finely
- 20g onion, chopped finely
- 30g shallots, cut into small cubes
- 3 tbsp canola oil 
- 70g dried shrimps, rehydrated by soaking in water, drained and chopped into coarse pieces
- 100g lean turkey bacon (approximately 2 slices), cut into small cubes
- 300g mixed vegetables
- 200g yam, cut into cubes and boiled in 100ml of water for 10 minutes

### Seasoning:

- ½ tsp salt
- 1 tsp pepper
- 1 tsp sugar
- ½ tsp chicken powder
- ½ tsp sesame oil 

### Method

- Soak all the flour mixture ingredients for 30 minutes.
- Prepare steamer with boiling water. Line 8" baking tin with silicone paper.
- Dry-fry the chopped dried shrimps in wok without oil. Set aside.
- Fry the garlic and shallot in the canola oil till fragrant. Add in the dried shrimps, turkey bacon and mixed vegetables.
- Add in the boiled yam cubes and fry for 5 minutes.
- Add in the soaked flour mixture and the rest of the seasoning. Stir-fry until thickened.
- Pour into 8" baking tin and steam for 40 minutes.

### Health Tip:

The mixed vegetables and yam cubes add nutrients, fibre, texture and colour to this savoury treat.



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# Prosperity Chicken Bee Hoon

This recipe serves 4 adults.  
Each serving contains 200 kcal.

## Ingredients

### Beehoon & Chicken:

- 300g dried brown rice bee hoon 🍴, to boil and drain
- 200g chye sim (chinese flowering mustard), blanched
- 400g chicken breast, skinless,
- 600ml chicken stock 🍴
- 4 tsp sesame oil 🍴

### Mushroom (braised):

- 50g shitake mushroom, soaked until soft
- 1 tbsp light soya sauce 🍴
- 2-3 small rock sugar

### Gravy:

- 3 tbsp oyster sauce 🍴
- 1 tbsp dark soya sauce 🍴
- ½ tbsp tomato sauce 🍴
- 25g corn flour (mix with 2 tbsp of water)

## Method

- In a pot, simmer chicken breast in stock until cooked. Remove chicken breast from pot and shred.
- Into the same stock used in step 1, add mushrooms, soy sauce, and rock sugar. Simmer until soft then remove the mushrooms, set aside.
- To make the gravy, add oyster sauce, dark soy sauce, tomato sauce and corn flour mixture to the same stock in the pot and stir.

## Assembly

- Divide sesame oil and gravy into 4 serving plates, add brown rice bee hoon and toss well. Top each serving with sliced mushroom, chye sim and shredded chicken.
- Garnish with sliced red chilli. Serve hot.






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## Golden Abundance Tapioca Cake

This recipe makes 20 pieces of tapioca cake. Each piece contains 37 kcal.

### Ingredients:

- 500g tapioca, grated and washed. Drain well.
- 75g brown sugar
- 125g low fat milk 
- 2g salt
- 1 egg 
- 50g reduced fat, soft margarine 

### Method

- Preheat oven to 180°C. Line the base of an 8" baking tin with silicone paper.
- Mix tapioca, sugar, milk, salt, egg and soft margarine together. Stir well.
- Pour into the prepared baking tin.
- Bake for 1 hour till golden brown.

### Health Tip:

Use low-fat milk instead of coconut milk to reduce saturated fats. Saturated fats raise cholesterol levels and increase risk of heart disease.



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## Golden Ingot Kueh Bolu

This recipe makes 36 pieces of Kueh Bolu. Each piece contains 46 kcal.

### Ingredients:

- 150g wholemeal flour
- 80g plain flour
- 1 tsp baking powder, double action
- 5 eggs
- 150g sugar

### Method


- Place flour (mixed) on a baking tray and bake in a preheated oven at 100°C for 45 minutes. Remove and allow to cool.
- Grease mould with oil. Preheat baking moulds in the oven at 180°C.
- Sieve wholemeal and plain flour and baking powder into a bowl.
- Beat eggs and sugar in a separate bowl until light and fluffy.
- Add wet ingredients from step 4 into the dry ingredients from step 3 and stir well.
- Spoon the batter into the mould and bake for 10 -15 minutes or until golden brown.
- When cooled, remove the kueh bolu from mould and store in an airtight container.



## Flavour of Fortune Cookie

This recipe makes 24 pieces of cookie. Each piece contains 72 kcal.

### Ingredients:

- 180g reduced fat, soft margarine 
- 50g icing sugar
- 2g salt
- 2 sachet chrysanthemum tea powder / leaves
- 2 egg yolks
- 130g finely blended wholemeal flour
- 50g quick-cooking oats
- 50g ground almonds
- 20g dried chrysanthemum flowers, cut into small pieces

### Method

- Preheat oven to 150°C. Line a baking tray with silicone paper.
- Cream soft margarine, icing sugar, salt and chrysanthemum tea powder / leaves lightly in a bowl.
- Mix in egg yolks. Add in flour, oats, ground almonds, dried chrysanthemum flowers and mix well.
- Form dough and shape into 2 long rolls. Wrap with paper and chill in fridge for 2 hours.
- Slice into pieces of 0.5cm thickness. Place on tray and bake for 15 – 20 minutes.

### Health Tip:

Tea powder / leaves like chrysanthemum are fragrant and add flavour to the recipe, hence reducing the amount of sugar and margarine needed. This reduces calories and fats in the cookies.




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## Blooming Blossom Huat Kueh

This recipe makes 20 pieces of Huat Kueh. Each piece contains 65 kcal.

### Ingredients:

- 120g palm sugar
- 50ml water
- 100g wholemeal flour
- 100g plain flour
- 8g baking powder, double action
- 1 egg
- 120ml low fat milk 

### Method

- Place a steamer over hot boiling water. Line bottom of mini cup with non-stick baking paper.
- Boil palm sugar with 50ml water in a pot and keep cool.
- Sieve wholemeal and plain flour and baking powder in a bowl.
- In a mixing bowl, add in egg, flour mixture from step 3, milk and palm sugar and stir well together.
- Pour mixture to fill  $\frac{3}{4}$  cup.
- Steam over high heat for 15-20 minutes.




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## Haloe Vera

This recipe makes 1 serving.  
Each serving contains 40 kcal.

### Ingredients:

- 200ml jasmine tea 
- Chilled fresh orange slices
- 2 tbsp aloe vera

### Method

- Scoop aloe vera into a glass and add orange slices.
- Crush orange slices with a spoon to release the juice and aroma.
- Pour in chilled jasmine tea.

### Health Tip:

Be aware of what really goes into your drinks and how much sugar you're consuming!





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## Pom Pom Parade

This recipe makes 1 serving.  
Each serving contains 21 kcal.

### Ingredients:

- 150ml sparkling water (original/flavoured) 
- 100ml Japanese green tea 
- Small bunch of edible flower petals (e.g. rose, lavender, osmanthus)
- 1–2 tbsp fresh pomegranate seeds

### Method

- Add flower petals into 50ml of Japanese green tea. Freeze into ice cubes.
- Put the ice cubes and pomegranate seeds in a glass.
- Add 50ml of Japanese green tea. Top off the glass with sparkling water.

### Health Tip:

Cut out calories without cutting out flavour – add fragrance and colours to your drinks with edible flower petals instead of syrup!




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## Chrys Cooler

This recipe makes 1 serving.  
Each serving contains 40 kcal.

### Ingredients:

- 200ml chrysanthemum tea 
- Goji berries  
(also known as wolfberries)
- Crushed ice

### Method

- Combine the crushed ice and chrysanthemum tea in a cocktail shaker, and shake vigorously.
- Pour into a glass and top it off with the froth.
- Lightly roast a few goji berries in a pan. Use them to garnish the drink.

### Health Tip:

Be creative and make your own concoctions that are alcohol-free and low in sugar!



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