



Serves: 4

Sago Gula Melaka (Sago with Palm Sugar)

Ingredients

- Sago 100g
- Water 500ml
- Palm sugar syrup 50ml
- Orange juice 160ml
- Soya bean milk, unsweetened 100ml

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.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Soya bean products such as bean curd and soya bean milk are good sources of protein and low in saturated fat.

Method

- Add sago to boiling water and cook until done. Cool in a glass.
- Mix cooked sago with soya bean milk and palm sugar.
- Top with orange juice and serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 256kcal
Protein 1.3g
Total fat (g and % of total calories)
0.6g (2.1%)
Saturated fat 0.1g
Cholesterol 0mg
Carbohydrate 61.4g
Dietary Fibre 0.2g
Sodium 9.2mg