

Fruits Agar Agar For Ideal Weight Management!

水果菜燕为理想的体重管理!



In festive seasons, overeating will not only cause weight gain but also some health problems like indigestion, stomach bloatedness, constipation and heartburn, etc. Consuming more fiber in fruits, vegetables and sea plants will help to improve their conditions.

Agar Agar is a **Red Algae** which has nutrients like **Vitamin B9 (Folate), Vitamin E, Vitamin K, Calcium, Iron, Magnesium & Potassium**, etc and beneficial for helping to improve blood glucose level, constipation, diabetes, digestion, high blood pressure, high cholesterol & weight loss, etc. In addition, **Algae** is consumed by most vegetarians to help improve their bone, joint & skin health because it is rich in amino acids, vitamins, minerals, **high Calcium content & high Collagen content, etc.** It is white & semi-translucent in colour and has no cholesterol.

In **Japan, Agar Agar diet** has been used in weight management and especially for obese individuals with **Diabetes Type 2**. Furthermore, with the combination of **Fruits of different colors and Goji Berries**, it provides fiber and nutrients which helps to promote **5 organs' health (Heart, Lungs, Spleen, Liver & Kidneys)**.

Serving size: 80-100 pieces.

Prep Time : 45 mins

Cook Time : 15 mins

Total Time : 1 hour

Benefits: Helps to improve blood glucose level, constipation, diabetes, digestion, high blood pressure, high cholesterol and health of cardiovascular, liver, lungs, kidneys, skin and spleen, etc. **Aids in weight loss.**

Ingredients

(1) Agar Agar Strips – 1 packet of 32 grams. Cut into 2 inches length and rinse with water.

(2) Blueberries – 240 nos = 50 grams. Rinse with water and soak in **Apple Cider Vinegar solution** for 1-2 minutes to remove its preservatives, then rinse in water again to remove **Apple Cider Vinegar's** smell. (Ratio: 3 parts Water = 225ml & 1 part **Apple Cider Vinegar** = 75 ml).

(3) Green Kiwi – 1 no. Peel its skin and cut into thin strips of ½ inch length, then rinse with hot water. **Rinsing cut fruits with hot water is to remove some of its Citric Acid which will irritate the throat & stomach, especially for those who have sensitive throat & stomach and because Citric Acid will soften the Agar Agar.**

(4) Orange Honeydew – 1 small wedge. Rinse with water and cut into thin strips of ½ inch length, then rinse with hot water.

(5) Red Dragon Fruit – ½ piece = 50 grams. Peel its skin and cut into thin strips of ½ inch length, then rinse with hot water.

(6) Goji Berries – 240 nos. Rinse with water and rinse again with hot water to soften them. **Adding Goji Berries is for decoration purpose and to neutralize the cool energy in Agar Agar & some fruits.**

(7) Pandan Leaves – 5 leaves. Wash & cut into 5 pieces.

(8) Rock Sugar – ½ rice bowl = 150 grams or as desired.

(9) Apple Cider Vinegar – 75 ml = 5 tablespoons.

(10) Water – 3 litres. Healthier choice: Purified, distilled or mineral water.

(11) Bite-size Molds, any design – 13 sets x 8 molds = 104 molds.

*** Daily recommended intake: Agar Agar 4-16 grams, Fruits 1-2 cups & Goji Berries 15-30 grams.**

Preparation

(1) Put washed **Agar Agar Strips & Pandan Leaves** together with water in a pot and boil on high flame. Once the water starts to boil, turn to middle flame and boil for 10 minutes or until **Agar Agar Strips** are dissolved.

(2) After 10 minutes, remove the **Pandan Leaves** and add the **Rock Sugar**, then stir till the **Rock Sugar** melts. Once the **Rock Sugar** melts, turn off the flame and let the **Agar Agar** solution steep for 5 minutes.

(3) After 5 minutes, scoop the **Agar Agar** solution into each mold up to 2/3 full through a strainer to prevent any surface bubbles. Then put 3 **Goji Berries** into each mold, follow by 1 teaspoon of different color fruit in different molds. Alternatively, you can mix the **Fruits & Goji Berries** together and put 1 teaspoon of the mixed fruits into each mold.

(4) Let the **Fruits Agar Agar** set in for 20 minutes, then refrigerate until it chilled. For freshness, keep the **Fruits Agar Agar** in the fridge not more than 5 days only.

Note

(1) Suitable for most individuals and **especially for those who have constipation, heaty body system or want to lose weight.**

(2) For those who have **cold body system, chronic diarrhea, cough, phlegm or sensitive stomach**, to consume in moderation after meals because **Agar Agar, Chinese Pear & Green Kiwi** have cool energy which may aggravate their symptoms.

(3) For those who are **pregnant or breastfeeding**, to consume in moderation because **Agar Agar, Chinese Pear & Green Kiwi** have cool energy which may affect the baby's growth.

(4) When you consume Agar Agar by itself, advisable to drink adequate fluid intake throughout the day because **Agar Agar** is an insoluble fiber in cold form which will absorb water in the gut and forms bulk. It expands up around 3 times of its original weight and stimulates the bowel movement. It also may affect your esophagus passage because it may expand in the esophagus passage during swallowing and may cause blockage in the throat or esophagus resulting choking. Therefore, if taken with the inadequate amount of fluid, it may obstruct the esophagus & bowel passages and may cause symptoms like chest pain, vomiting, difficulty swallowing or breathing, etc.

(5) For those who are on **hypothyroidism medication**, take in moderation **Agar Agar** of BUT for those who have **hyperthyroidism**, to avoid taking because the iodine in **Agar Agar** may increase thyroid hormones level.

(6) Moderate intake of **Agar Agar** for those who have **Gout and Skin Allergies** because **Agar Agar** may aggravate its symptoms.

(7) Moderate intake of Goji Berries if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.

Caution: To consume this recipe at an interval of $\frac{1}{2}$ to 1 hour from medications. If you are pregnant, breastfeeding or having any medical conditions, please seek your health expert before consuming this recipe.