

红白萝卜黄瓜泡菜

材料:

小黄瓜 200克

白萝卜 100克

红萝卜 100克

腌渍调味料 1份

做法:

1) 小黄瓜,白萝卜和红萝卜洗净风干,切棒条状

2) 将所有蔬菜棒条放入以**热**水**杀**菌**过**的玻璃瓶内,倒入腌**渍调**味料,密封后冷藏保存期限2个月

腌渍调味料

材料:

糙米醋 200毫升

过滤水 200毫升

有机绵冰糖 6汤匙

辣椒干 2条

昆布 1条(8公分)

嫩姜片 20克

做法:以上材料(除醋外)加入锅内,煮至糖溶化,熄火,待温,加入醋

小黄瓜营养素:含有糖份,蛋白质、钙、磷、铁、丙醇二酸等成分

<u>小黄瓜功效:</u>清热利尿,可解暑毒,帮助降血压,淡斑美白。小黄瓜的顶端会有一点苦味, 这是由于其中含有葫芦素C,葫芦素C油微毒,但它有较强的抗**肿**瘤作用。小黄瓜有很高的



药价值,它的矿物质中钾的含量较高,钾能加速血液新陈代谢,促使体内排出多余盐分,近代**药**理研究**则认为鲜**瓜中含有大量的丙醇乙酸,有抑制糖类**转**化**为**脂肪的作用,故也有多吃黄瓜可以减肥的说法

红萝卜功效:

- 含人体必**须**的所有**矿**物质、维生素
- 含有硫磺、氯、磷等矿物质,可以净化**肠**胃,肝脏
- 维生素A改善眼睛疾病
- 钙质可以强化骨骼
- 此外,对于感染性疾病,不孕症,神经系统疾病也有效

Carrot Radish Cucumber Pickle

Ingredients:

Cucumber 200 gm
Radish 100 gm
Carrot 100 gm
Seasoning 1

Method:

1) Wash cucumber, radish and carrot, then dry. Cut into strips.

2)Put all the ingredients into a glass bottle which is disinfected with hot water. Add seasoning. Seal and put into fridge.

Seasoning:

Brown Rice Vinegar 200 ml
Filtered Water 200 ml
Organic Fine Sugar 6 tbsp
Dried Chilli 2 pcs
Konbu 1 pc (8cm)
Sliced Young Ginger 20 gm

Method:

Add all the above ingredients (except vinegar) into pot. Boil till sugar dissolved. Turn off

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flame. When it is warm, add vinegar.

<u>Cucumber:</u> Contains sugar, protein, calcium, phosphorus, iron and propanoldiacid

Benefits of cucumber: Reduces heatiness and diuresism. Helps lower blood pressure. Benefits for beauty. Helps to prevent cancer. Contains high potassium, which is beneficial for the metabolism of blood. Cucumber also helps for slimming.

Benefits of carrot:

Contains necessary vitamins and minerals for human body.

Contains sulfur, chlorine and phosphorus which are beneficial for stomach and liver Contains vitamin A which is good for eyes

Calcium is beneficial for bones.

联络热线: 93868783/90605747

Good for infectious diseases, infertility and nervous system diseases.