



Plate Trick

<Ingredients> For 2 servings

8 Shine Muscat Grapes
160 g sweet bean baste
120 g rice flour
20 g lakanto (Monk Fruit Sweetener)
150cc water
Corn Starch



Rice Cake stuffed with Shine Muscat

Shine Muscat, including the skin, can be eaten whole because there are no seeds. They are also rich in dietary fiber, which helps prevent constipation, lowers cholesterol levels, and suppresses elevated blood sugar levels.

They also contain potassium, which helps eliminate sodium, and beta-carotene, which suppresses active oxygen.

This time, we used the natural sweetener "Lakanto" with zero calories for sweetening!



Anti-aging foodstuffs

Shine Muscat Grapes

<How to Cook>

- 1 Cover the muscat in the sweet bean paste.
- 2 Put the white bean flour and lakanto and mix in a bowl, adding water little by little.
- 3 Cover step 2 with plastic wrap and microwave at 600w for 1 minute.
- 4 Then mix it thoroughly and microwave at 600w for another 1 minute and 30 seconds.
- 5 When the mixture becomes firm and sticky, spread 4 on a cutting board dusted with corn starch, spread another thin layer of corn starch, and divide into 8 equal portions.
- 6 With your hand and wrap one portion around each muscat.

