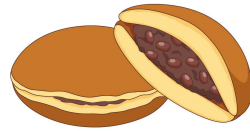




Plate SLIDER

<Ingredients> For 5 pieces

2 eggs
1 tablespoon honey
100 g pancake mix
50cc milk
200g Anko (red bean paste)*
100 g whipping cream
1 teaspoon lemon juice
1 tbsp oligosaccharide
30 g raisins
2 tablespoons rum



Rum Raisin Dorayaki

Azuki beans are composed of dietary fiber and carbohydrates, and are also rich in protein and contains vitamin B and minerals. Azuki is a low-fat, high-protein, high-fiber health food. It can relieve constipation and anemia, and improve beauty, diet, and one's physical condition. Recent studies have also shown that combining azuki with sugar has anti-glycation properties. By mixing azuki beans with rum raisins, we have created a dessert for adult palates.



Anti-aging foodstuffs

Azuki (Red Beans)

<How to cook>

1. Soak raisins in rum for 1 day.
2. In a bowl, mix together the pancake mix, honey, and milk.
3. Put the batter onto a frying pan and making a circle about 10 cm in diameter. Cook on both sides and remove and leave to cool.
4. Mix the Anko with the chopped rum raisins.
5. Beat the cream with the oligosaccharide and lemon juice.
6. Put azuki beans with raisins and cream on one of the dorayaki pancakes and sandwich with the other.

*Anko is a paste made by adding sugar to mashed Azuki beans.