

LOW YEE SANG RECIPE

Nutrition Tip

APPETON

Health For Life



INGREDIENTS

- 1 radish, shredded
- 2 carrots, shredded
- 1 cucumber, shredded
- 2 green apples, shredded
- 100g pomelo wedges
- 2 unripened mangoes, shredded
- 100g jackfruit, shredded
- 100g turnip, shredded
- 20g sesame seeds, toasted
- 30g peanuts, toasted and grounded
- 100g crispy crackers (optional)



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Carrot



Crackers



Cucumber



Pomelo





Jackfruit



Mango



Radish



Green apple

Turnip

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INGREDIENTS : The Sauce

- 100g plum sauce
- 100g honey
- 3 limes, juiced
- 1 tsp five-spice powder
- 1 tsp pepper



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METHOD

(Serves 9-10)

- Shred everything and arrange the way you like, usually in a circular fashion
- Combine the sauce ingredients in a bowl and mix thoroughly.
- Pour the sauce over the Yee Sang
- Add a sprinkling of sesame seeds, roasted peanuts and crispy crackers on top of the Yee Sang



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- Now get all your guest to stand up and do this



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- Mix the ingredients up well and toss them high while shouting blessings of good fortune and prosperity



DO YOU KNOW?



Jackfruit, carrot and green apples....

are great sources of antioxidants such as beta-carotene and vitamin C

Health benefits : From anti-cancer and antihypertensive to anti-ageing!

Pomelo....

is found in rich pink and red colours due to its lycopene content

Health benefits : May greatly reduce a man's risk of developing prostate cancer!



Cucumber....

contains caffeic acid

Health benefits : A soothing agent for skin irritations and reduces swelling!



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