

白鳳補血湯 Bak Foong Nourishment Soup Recipe

SERVINGS: 4 時間 TIME: 3hrs/小時

1 包 余人生金牌白鳳丸(3.5 克)	1 Eu Yan Sang Gold Label Bak Foong pills satchet (3.5g)
¼ 片 陳皮	¼ chen pi slice (dried mandarin peel)
5 粒 紅棗	5 jujube
1 只 雞	1 whole skinless chicken
8 碗 清水	8 bowls of water (approx. 8 cups)

做法

1. 先把雞洗乾淨，去除頭尾及內臟。若為健康考慮，可去皮。
2. 陳皮浸透備用。
3. 將陳皮放入鍋內，加入清水煮沸，再加入其它材料，慢火燉三小時。
4. 加入細鹽調味即可食用。

Directions

1. Wash the chicken and remove innards, head, and tail. Soak chen pi before use.
2. Place the chen pi and water into the pot, bring to a boil.
3. Add all remaining ingredients, simmer over low heat for 3 hours.
4. Add salt to taste.



Eu Yan Sang's Gold Label Bak Foong pills has been used as a natural long-term remedy of choice when it comes to menstrual discomfort in women. Adding Bak Foong pills in with soup and consuming it occasionally may help alleviate menstrual discomfort and improve women's health in general. To learn more about Bak Foong pills, please visit our products section.

For more recipes visit www.powing.com

** Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Anyone currently under medication should consult their physician before taking any health supplements.*