

暖身補血薑棗湯 Women Blood Nourishing Soup Recipe

SERVINGS: 1-2 人份量 TIME 時間: 1 hrs/小時

5 片 生薑 5 ginger slices

5 顆 紅棗 5 jujube

少數 芸豆 1 handful of white kidney bean

適量 紅糖 brown sugar to taste

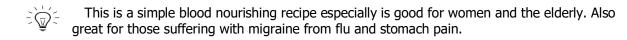
做法

1. 將生薑切片,紅棗洗淨

2. 以上食材放進煲裡,加紅糖一起煮1個小時即可。

Directions

- 1. Slice ginger and rinse the jujube.
- 2. Add all the ingredients in a pot of water with brown sugar, bring to a boil, reduce heat and simmer for 1 hour.



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