

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.



This is a simple blood nourishing recipe especially is good for women and the elderly. Also great for those suffering with migraine from flu and stomach pain.

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