

## Summer Blueberry Pudding

Blueberries, like other berries, are wonderful summer fare; they nurture the kidney yin, and as the kidney yin provides water to the heart, (summer organ) this is particularly beneficial in summer. The kidney yin helps maintain a calm and grounded outlook on life.

1 large punnet of blueberries

3 cups apple juice

1 cup couscous

1 teaspoon grated lemon rind

Pinch of salt

What to do;

Keep a selection of berries aside. Mix all ingredients together in a saucepan. Cover and simmer for 10 minutes. Turn off heat and leave undisturbed for 20 minutes. Cool and serve with a few fresh berries on top.

Serves 4

Recipe by Lun Wong