

Coconut Sago Pudding

Yummy summer pudding!!!

You can have it on its own or top with fruit puree. I love it with raspberry puree or mango puree.

Raspberries- strengthen the liver and kidneys and due to its astringent nature helps with frequent urination and impotence and seminal emission.

Mango- regenerates body fluids, stops cough, stops thirst and strengthens stomach. Also helps with indigestion and enlarged prostate.

Chinese Dietary therapy

Coconut is sweet and strengthening and builds yin (fluids). It clears wind and summer heat and counteracts weakness, dampness and nosebleed.

¾ cup Sago or seed tapioca

3 cups of water

1 400ml can of coconut cream

¼ teaspoon coconut essence

4 tablespoons of honey or maple syrup

serves 4

1. Place sago and water in a saucepan and cook on low heat for 10-15 minutes, stirring continuously so the sago doesn't get sticky
2. Add coconut cream and simmer for another 15 minutes, stirring occasionally, until sago is clear and transparent
3. Add essence and sweetener
4. Let cool then pour in 4 dessert bowls. Let stand in fridge for 2 hours.
5. Puree your choice of fruit and stand in fridge. When ready to serve spoon the puree on top of the sago and enjoy!!!!!!!!!!!!