



# Black Sesame

(Serves 4)

## Low-sugar Soy Milk with Oats

Black sesame powder contains rich unsaturated fatty acids and calcium, while oat bran contains rich soluble fibre. Drinking a cup of soy milk with a variety of nutritious ingredients added is more beneficial than a cup of plain soy milk.



### Ingredients

- |                         |      |
|-------------------------|------|
| 1. Unsweetened soy milk | 1 L  |
| 2. Black sesame powder  | 30 g |
| 3. Brown sugar          | 20 g |
| 4. Oat bran             | 40 g |

### Method

1. Heat unsweetened soy milk in a small pot.
2. Add black sesame powder and bring to boil, then stir.
3. Add brown sugar and stir until completely dissolved.
4. Add oat bran and stir until well mixed.

### Nutrition / Preparation Tips

1. Choosing soy milk with a high calcium claim can provide a higher intake of calcium than regular (including homemade) soy milk.
2. Oat bran contains more soluble fibre and has a smoother texture compared to regular oatmeal. If it is not available, instant oatmeal can be used as a substitute.

### Notes for Special Diets

#### ● Diabetic diet

Use artificial sweetener to replace brown sugar. Some artificial sweeteners will lose their sweetness at a high temperature and should be added after turning off the heat. Each serving should still be exchanged for 2 pieces of soda crackers (1 carbohydrate exchange).

### Nutrient Analysis(per serving)

Energy(kcal)	162
Carbohydrate(g)	14
Protein(g)	12
Fat(g)	8
Dietary fibre(g)	5.4
Sodium(mg)	6.6



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