



Low-sugar Purple and Yellow Sweet Potato Sweet Soup

(Serves 4)

Having a bowl of sweet potato ginger soup can both satisfy your nutritional needs and keep you warm in the cold winter.



Ingredients

1. Purple sweet potato 6 teals (~240 g)
2. Yellow sweet potato 6 teals (~240 g)
3. Ginger 4 slices
4. Brown sugar 20 g
5. Water 4 bowls

Method

1. Wash, peel and cut the sweet potatoes into pieces.
2. Peel and slice the ginger.
3. Bring the water to a boil and add the sweet potatoes and ginger. Bring it to a boil on high heat, then simmer for 20 minutes over low heat. Finally, add brown sugar and stir until dissolved.

Nutrition / Preparation Tips

1. Purple and yellow sweet potatoes contain nutrients with antioxidant effect, which can reduce the damage to cells by the harmful substances "free radicals".
2. Cooking purple sweet potatoes will turn the water into light purple, which is a normal phenomenon.
3. Sweet potato soup can be a healthy snack and can supplement the nutrition of the elderly who have insufficient intake during mealtimes.

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. Every egg-sized piece of sweet potato consumed should be exchanged for 2 pieces of soda crackers (1 carbohydrate exchange).

Nutrient Analysis(per serving)

Energy(kcal)	142
Carbohydrate(g)	33
Protein(g)	1
Fat(g)	0
Dietary fibre(g)	2.7
Sodium(mg)	73.3



Department of Health

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