

This refreshing dessert soup highlights the sweet taste of pear, a seasonal fruit for autumn. The pear is soft after cooking and suitable for elderly with chewing difficulties. This soup is great for hydrating dry throats and is high in dietary fibre.



# Fig and Pear Dessert Soup

## Nutrition Analysis: (Per Serving)

Energy (kcal)	86
Carbohydrates (g)	23
Protein (g)	0
Fats (g)	0
Dietary Fibre (g)	1.7
Sodium (mg)	0



## Method:

1. Wash, core and cut the pear into pieces and set aside. Wash the dried fig.
2. Put the ingredients in a saucepan, add water, and bring to a boil over high heat.
3. Turn to low heat and cook for about 15 minutes, then add rock sugar and cook to dissolve.

## Ingredients: (Serves 4)

1. Pears, medium 2 pc. (approx. 394 g)
2. Dried fig 1 pc.
3. Candied date 1 pc.
4. Rock sugar  $\frac{3}{4}$  taels (30 g)
5. Water 5 bowls

## Nutrition / Preparation Tips:

- ✓ Pears can be replaced with other fruits, such as apples.
- ✓ Pears soften after cooking and is suitable to be eaten by the elderly.

## Notes for Special Diets:

- ✓ Diabetic Diet: Do not add the candied date. Use artificial sweetener to replace rock sugar. Add the sweetener to the soup after turning off the heat, as its sweetness may be lost over high heat. Exchange 1 serving with 1 serving of fruit (1 carbohydrate exchange).



Department of Health

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