

Dragon Fruit Jelly Recipe

Ingredients A:

½ tablespoon agar agar powder
1 liter water

Ingredients B:

15g crystal jelly knonnyaku powder
220g sugar

Ingredients C:

100g red dragonfruit, grinded
50g white dragonfruit, grinded

Ingredients D:

a drop of lime essence
a drop of citric acid

Ingredient E:

some white dragonfruit balls

Method:

Boil ingredients A and add in ingredients B. Switch to low heat and stir constantly for about 5 minutes. Add in ingredients C and mix well. Wait for 1 minute before adding ingredients D. Mix well. Place the white dragon fruit balls into the heart shape mould. Pour in some agar-agar mixture. Let it set and then pour in remaining mixture. Cool in the fridge. Red dragon fruit is a good choice as it is high nutrition and can produce a better and natural color without using any artificial coloring. Red dragon fruit is high in fiber and it can helps body to detoxify and encourage bowels movement.

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