

Fresh Fruit Konnyaku

(24 pieces)

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Ingredients

- 1 packet or 10g konnyaku jelly powder
- 40g sugar
- 900ml water
- 24 small seedless grapes
- 150g or 1 wedge watermelon, deseeded & diced
- 150g or 1 wedge melon (honeydew or rock melon), deseeded & diced
- *Optional - 1 drop liquid colouring (of your own choice) optional

Method:

1. Put pieces of fruits in moulds. Set aside.
2. Mix konnyaku powder & sugar together. Mix well.
3. Pour mixture into water slowly & stir till it boils. Turn off flame.
4. Keep stirring for about 5 minutes till bubbles disappear.
5. Add liquid colouring, if desired, to solution. Stir well.
6. Pour konnyaku solution into moulds.
7. Chill to set moulds in refrigerator for 3 hours before serving.

Nutrition Information Per Slice

Energy	95 kcal
Protein	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Carbohydrate	27 g
*Carbohydrate Exchanges =	~ 2
Dietary fibre	3 g
Sodium	5 mg