

# Annin Tofu

## RECIPE

**PREP: 10 MINS**

**COOKING: 20 MINS**

**PORTION(S): 3**

## Ingredients

- 600ml Water
- 6 Scoops ENERCAL PLUS Milk Powder
- 20g Bitter Apricot Kernels
- 40g Sweet Apricot Kernels
- 3 Silver Gelatine Sheets

## Nutrition count

- Protein : 6.5g
- Carbohydrates : 12.7g
- Fats : 13g
- Energy : 195kcal
- Calories : 195kcal

## Step by step

Soak bitter and sweet apricot kernels in water overnight.

Bring the water to boil. Once boiled, cool down to 70 degrees and add ENERCAL PLUS milk powder and soaked gelatine sheets.

Once the gelatine sheets are dissolved, sieve the solution to remove bitter and sweet apricot kernels

Pour the solution into mould and leave it in the chiller until it sets.