

Annin Tofu

Prep time



10 min

Cooking time



20 min

Serves



3

Nutrition Information per serving

195kcal

Protein **6.5g**

Carbohydrates **12.7g**

Fats **13g**

We need

600ml Water

6 Scoops [ENERCAL PLUS®](#) Milk Powder

20g Bitter Apricot Kernels

40g Sweet Apricot Kernels

3 Silver Gelatine Sheets

Step by step

1. Soak bitter and sweet apricot kernels in water overnight.
2. Bring the water to boil. Once boiled, cool down to 70 degrees and add [ENERCAL PLUS[®]](#) milk powder and soaked gelatine sheets.
3. Once the gelatine sheets are dissolved, sieve the solution to remove bitter and sweet apricot kernels
4. Pour the solution into mould and leave it in the chiller until it sets.