



ONDE ONDE

Bahan-bahan:

400g tepung pulut
2 sudu besar tepung ubi kayu
¼ sudu teh garam (diayak bersama)
½ cawan Santan Kelapa M&S Lemak Dikurangkan

Bahan-bahan untuk Inti:

150g gula Melaka, diparut
2 sudu besar gula (dicampurkan)

Bahan-bahan untuk Campuran Kelapa:

200g kelapa, diparut (putih kelapa sahaja)
½ sudu teh garam (dicampurkan)

Bahan-bahan unruk Jus Pandan:

12 helai daun pandan
¾ cawan air
Beberapa titik pewarna hijau (dikisar dan diperah jus)

Cara Penyediaan:

1. Masukkan campuran tepung yang telah diayak ke dalam mangkuk adunan. Buat lubang di tengah. Tuang Santan Kelapa M&S Lemak Dikurangkan dan jus pandan yang secukupnya untuk membuat doh lembut.
2. Keluarkan 60g doh dan jatuhkan ke dalam air mendidih. Apabila ia terapung, keluarkan dan campur dengan campuran doh yang baki serta uli doh.
3. Bentukkan doh menjadi bebola dan masukkan inti di tengahnya. Pastikan ia ditutup rapat.
4. Masukkan bebola ke dalam air mendidih. Apabila ia timbul di permukaan air, keluar, tos dan golekkan ke dalam campuran kelapa.

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Ingredients:

400g glutinous rice flour
2 tbsp tapioca flour
¼ tsp salt (sifted together)
½ cup M&S Reduced Fat Coconut Milk

Ingredients for Filling:

150g gula Melaka, grated
2 tbsp sugar (mixed together)

Ingredients for Coconut Mixture:

200g coconut, grated (white only)
½ tsp salt (mixed together)

Ingredients for Screw Pine Juice:

12 screw pine leaves
¾ cup water
A few drops green colouring (blended and squeezed for juice)

Method:

1. Put sifted flour mixture into a mixing bowl. Make a well in the center. Put in M&S Reduced Fat Coconut Milk and enough screw pine juice to make a firm dough.
2. Remove 60g of the dough, and drop it into boiling water. Once it floats, remove and add in with the rest of the dough mixture and knead it in until dough becomes smooth.
3. Form small balls with the dough. Make a well in the center and place filling in it. Ensure that the opening is sealed firmly.
4. Put onde balls into boiling water and when it surfaces, remove, drain and roll in coconut mixture.

