

## NUTRITION FACTS (PER SERVING)

**CALORIES** 204KCAL

**CARBOHYDRATE** 20.8G

**FAT** 10.5G

**PROTEIN** 5.1G

**FIBER** 3.2G

SERVING  
SIZE

4 pax

COOKING  
TIME

15 mins



– Good to Know –  
Walnuts are a good source of  
Omega-3 fats, which may help reduce  
heart disease risk.

## INGREDIENTS

1/2 cup walnuts  
(shelled and toasted)

15 pcs of red dates  
(seedless)

1/2 cup brown rice  
(cooked)

1L lukewarm water

5 scoops of  
Glucerna® Vanilla

## Red Dates Walnut Dessert

红枣核桃露

## METHOD OF PREPARATION

Place all the ingredients in a food processor.

Blend for 60 seconds until smooth.

Pour into a large bowl, garnish with some crushed walnuts and then serve.



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**NUTRITION FACTS**  
**(PER SERVING, 2 PIECES)**

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**CALORIES** 207KCAL

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**CARBOHYDRATE** 20.5G

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**FAT** 10.9G

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**PROTEIN** 5.4G

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**FIBER** 2.5G

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**SERVING  
SIZE****7 pax****COOKING  
TIME****30 mins**

## Golden Pumpkin Pancakes

黄金南瓜饼

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**INGREDIENTS**

200g pumpkin  
(peeled and seeded)  
100g glutinous rice flour  
80ml warm water  
80g sesame seed  
2 tbsp vegetable oil  
5 scoops of  
Glucerna® Vanilla

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**METHOD OF PREPARATION**

Steam pumpkin for 15 minutes until soft.

Transfer pumpkin to a mixing bowl, add in Glucerna® and then mash well with a fork.

In another mixing bowl, mix together glutinous rice flour and warm water.

Add in mashed pumpkin, knead for 3 minutes to form a dough.

Divide the dough into 14 portions equally and roll each into a ball shape.

Coat the dough ball evenly with sesame seeds and then flatten it to about 1cm thick in between palms.

Heat up oil in a non-stick pan, fry them over small heat (2 – 3 minutes each side) until both sides are golden brown.

– Good to Know –  
Pumpkin's high vitamin A, lutein, and zeaxanthin contents may protect your eyes against sight loss, which becomes more common with age.

# Chocolate Mandarin Oatmeal Cookies

巧克力柑橘燕麦曲奇

## METHOD OF PREPARATION

Preheat oven to 150°C.

Mix A in a large bowl using a mixer on medium speed until creamy.

In a separate bowl, combine B except for the rolled oats.

Slowly incorporate B mixture into the dough.

After everything is mixed together well, mix in oats, 1/2 cup at a time.

Once mixed well, place a baking sheet on a baking tray.

On the baking sheet, place heaping 1 tsp balls of dough with 5cm space in between each ball.

Using a fork, mash the batter down with a fork until 1/2 inch high.

Bake for 15 minutes, take them out from the oven and let cool on the baking sheet and then serve!

## INGREDIENTS

### A

150g butter  
(room temperature)

35g granulated sugar

35g brown sugar

5 scoops of  
Glucerna® Chocolate

Zest of 1 mandarin orange

### B

1/2 cup all-purpose flour

1/2 cup whole-wheat flour

3/4 tsp baking powder

1/2 tsp baking soda

1 1/2 cup rolled oats

## NUTRITION FACTS (PER SERVING, 3 COOKIES)

**CALORIES** 193KCAL

**CARBOHYDRATE** 21.2G

**FAT** 10.2G

**PROTEIN** 3.0G

**FIBER** 1.8G

SERVING  
SIZE

40 pcs

COOKING  
TIME

60 mins



*- Good to Know -  
Oats contain many  
powerful antioxidants,  
including avenanthramides.  
These compounds may help  
reduce blood pressure.*