



Recipes

Desserts

Mochi

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4-6 servings

Ingredients:

1 block mochi

Directions:

1. Cut mochi into 2-inch cubes.
2. Place in a lightly oiled skillet.
3. Cover and heat over a low flame until the pieces are puffed and expanded, about 10 minutes.
4. Eat warm.

Variations:

Try eating with fruit spread, whipped cream, a bit of honey or fresh fruit.

Note:

Mochi is widely used in Japan. It is made from sweet rice, cooked for a long time with a lot of water, until the rice becomes sticky. It is then pounded into a flat rice cake to be reheated and consumed. It is very sweet and has great healing advantages. Good for breastfeeding, for anemia, for overcoming general fatigue and for weight gain. It is found next to the refrigerated tofu and tempeh in your natural food market.