



ENAGIC (MALAYSIA) SDN BHD  
(201101042983)(AJL 931978)

# eat healthy, stay healthy!



EASY WAYS TO STAY HEALTHY | MORE THAN 20 HEALTHY RECIPES TO TRY

# The Healthy Diet

BY JERRY @ NUR HAFIZ

According to World Health Organization (WHO), consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of diseases and conditions. A well-balanced and healthy diet differs for each individual depending on characteristics such as age, gender, lifestyle, and more. Regardless, the fundamental principles of a healthy diet still remain the same.

A healthy diet must comprise of adequate daily intake of fibers (fruits, vegetables, legumes, nuts and wholegrain), lesser intake of sugar and fat as well as salt, sodium and potassium.

"Eat Healthy, Stay Healthy!" - a strategy, commitment and initiative made by Enagic (Malaysia) Sdn Bhd as to promote well-balanced and healthy diet among our distributors.





# Healthy Diet can be Delicious!



Enagic's Kangen Water Systems enhance nature's most vital life-source using the latest scientific research and technology, merged with superior Japanese craftsmanship. Enagic's innovative water technology has the ability to produce 5 types of water for various purposes, including drinking, cooking, beauty, and cleaning.

Turmeric has been widely used for various purposes including cooking due to its health benefits. Enagic is proud to present Kangen UKON Sigma Softgels – our first health supplement product. Kangen UKON Sigma Softgels which is mainly made of Ukon (turmeric) contains of high curcumin content (Autumn Ukon) and abundant with mineral and essential oils (Spring Ukon). It is used as dietary product for the maintenance of health or the enhancement of healthy conditions as the preventive means.



KANGEN UKON VEGAN DRESSING

# Kangen Ukon Vegan Dressing, a healthier option!

BY WINNIE CHAN

## Ingredients:

- 200ml Kangen Water (ph9.5)
- 10 capsules Kangen Ukon turmeric
- 150ml freshly squeezed lemon juice
- 2 table spoons almond butter (100% almonds, no added oil, salt, sugar, etc.)
- 2 table spoons grated ginger
- 2 Medjool dates, pitted
- 2 cloves garlic
- 1 tablespoon white japan miso (shiro miso)
- Zest of 1 lemon
- 1/2 teaspoon freshly ground black pepper

## Instructions :

Put all of the ingredients into a blender and blend until smooth and creamy. Pour into a jar, cover, and refrigerate. Keep the dressing for about 7 days in the refrigerator.





# Fried Broccoli With Assorted Vegetables

BY KITTY LAI

## Ingredients:

- 1 piece of broccoli
- 1 teaspoon of salt
- 1 piece of carrot
- 4 slices of ginger
- 1 clove of garlic
- 2 small box of white jade mushroom
- 1 teaspoon of olive oil
- 1 teaspoon of tapioca flour
- 1 piece of red bell pepper
- 1 piece of green bell pepper

## Instructions :

1. Use the Kangen Water (pH 9.5) to wash all the vegetables for about 3 minutes.
2. Soak broccoli with Strong Kangen Water (pH 11.5) to remove all the harmful pesticide and chemicals.
3. Boil all the vegetables with Kangen Water (pH 9.5) and add some salt and oil. Set aside.
4. Fry the garlic and ginger slices with olive oil and add broccoli and continue to fry for another 2 to 3 minutes.
5. Add the remaining vegetables; white jade mushroom as well as red and green bell pepper all together with tapioca flour.
6. you may now serve.

# 15 minutes it takes to be healthy!

BY SAI HEANG

## Ingredients:

- Mayonnaise
- Red and green apples
- Green grapes
- Mangoes
- Tomatoes
- Preferred vegetables
- 4 softgels of UKON
- Salt

## Instructions:

1. Soak all the fruits and vegetables for around 10 minutes with Strong Kangen Water (pH 11.5) to remove all harmful pesticide chemicals.
2. Use Strong Kangen Water (pH 11.5) to dissolve the UKON.
3. Place all the fruits and vegetables in big bowl. Add mayonnaise, salt and dissolve UKON.
4. Mixed well before eat.



SIMPLE MIXED FRUITS AND VEGETABLE SALAD





MIXED FRUITS AND VEGETABLE SALAD

# Simple yet deliciously constructed!

BY RONG HUA

## Ingredients:

- Mayonnaise
- Lemon juice
- Dried sour plum
- Red apple
- Green apple
- Black grapes
- Red grapes
- Honeydew
- Tomato
- Sweet corn
- Lettuce

## Instructions :

1. Soak all the fruits and vegetables with Strong Kangen Water (pH 11.5) for 10 minutes to remove all the harmful pesticides. After that, wash it with Kangen Water (pH 9.5).
2. Cut the red and green apple, honeydew and tomatoes into cube size. Put the cut fruits with black and red grapes, sweet corn and drizzle with lemon juice and sour plum.
3. Put the lettuce onto the plate and place the mixed fruits and vegetables onto the plate. You may include mayonnaise as dressing at a side.

# Healthier and quick option!

BY CHAI KONG WEI

## Ingredients:

- Lettuce
- Baby carrot
- Kiwi
- Cherry tomatoes
- White sesame seeds
- Thousand island sauce

## Instructions:

1. Soak all the ingredients in Kangen Water (pH 9.5).
2. Wipe the kiwi with Strong Kangen Water (pH 11.5) with soft cloth.
3. Mix all the ingredients well with the thousand island sauce as the dressing.
4. Garnish the salad with white sesame seeds.



*MERDEKA GREEN SALAD*



# Fermented food - natural probiotics.

BY CONNIE CHEW

## Ingredients:

- 800g - Cabbage (shred thinly)
- 200g - Mango (Sweet type and shred thinly. Should not be overly ripened)
- 2 tsp - Homemade 'Kangenized' masala powder (Indian spices)
- 2 pieces UKON soft gels (from Enagic)
- 2 stalks curry leaves
- 1/2 red onion (chop finely)
- 2-3% sea salt

\* 1 empty glass jar preferably with plastic cap (about 500 ml) - sanitize with Strong Acidic Water 2.5 \* Sticker label

## Instructions:

1. Clean your hands with Strong Acidic Water at pH2.5
2. Massage and lightly bruise shredded cabbage and cut onion with sea salt. Once there's vegetable liquid that flows out from a squeeze of handful of the cabbage mix. It is ready. Saltiness should be slightly saltier than the level you could take.
3. Mix in the curry leaves, Ukon gels, Indian spices and shredded Mango. Sweet Mango provides sweetness to the fermented.
4. Pack the Cabbage mix into the glass bottle very tightly (layer by layer) and avoiding any space and gaps in between.
5. Apply weight on top of the cabbage mix (a small sauce dish) to ensure that vegetable is always submerged in the water and capped it.
6. Put a label to state the date of making and LOVE LANGUAGES



FERMENTED MASALA MANGO CABBAGE

7. Leave it on counter top for a couple of hours. When bubbles happen, burp it from time to time, water may be oozed out even more, throw the excess water, taste along the way until the sourness you like and then keep in the fridge. The sourness indicates that good microbes have been cultivated and multiplying.

# Begin your day with a healthy breakfast!

BY LOW KAM HOONG



## Ingredients (Five Green Juice):

- 1 green bell pepper
- 1 stalk of celery
- 1 medium cucumber
- 1 teaspoon of lemon phytoPowder
- 200 ml Kangen Water (pH 9.5)
- 1 small bitter gourd

## Instructions (Five Green Juice):

1. Soak all the vegetables and apple with Strong Kangen Water (pH 11.5) for 10 minutes and rinse it with Kangen Water (pH 9.5).
2. Cut the vegetables and apple into quarters and blend it with juice blender for about 2 minutes.
3. Pour the fresh green juice and it is best to consume within 10 minutes.



**Ingredients (Avocado Toast):**

- 2 slices of whole grain bread
- 1 organic egg
- 1 whole avocado
- 3 sweet cherry tomatoes
- 1/4 teaspoon of salt and black pepper
- 1/4 teaspoon of cranberries and chia seeds as toppings

**Instructions (Avocado Toast):**

1. Mash the avocado in a small bowl and season it with salt and pepper.
2. Heat a small non stick skillet over low heat, spray with oil and gently crack the egg into the skillet to make the poached egg.
3. Top the toasts with mashed avocado with toppings - poached egg and sweet cherry tomatoes.
4. Garnish with small handful of chia seeds and cranberries as desired.



# 15 minutes it takes to be healthy!

BY SAI HEANG

## Ingredients:

- Mayonnaise
- Red and green apples
- Green grapes
- Mangoes
- Tomatoes
- Preferred vegetables
- 4 softgels of UKON
- Salt

## Instructions:

1. Soak all the fruits and vegetables for around 10 minutes with Strong Kangen Water (pH 11.5) to remove all harmful pesticide chemicals.
2. Use Strong Kangen Water (pH 11.5) to dissolve the UKON.
3. Place all the fruits and vegetables in big bowl. Add mayonnaise, salt and dissolve UKON.
4. Mixed well before eat.



SIMPLE MIXED FRUITS AND VEGETABLE SALAD





# The Secret to a Delicious Nasi Lemak

BY RACHAEL HENG

## Ingredients:

- 3 cups of rice
- Coconut milk
- Kangen Water (pH 9.5)
- 3 slices of pandan leaves
- 3 slices of ginger
- salt and sugar
- UKON
- 1 green onion
- 1 piece of citronella
- shrimps
- sambal paste

## Instructions:

1. Soak rice with Kangen Water (pH 11.5) to wash off pesticides and cook the rice with coconut milk, Kangen Water, ginger and pandan leaves.
2. Fry green onion with garlic and citronella. Add sambal paste and shrimp together.
3. Add salt and sugar as well as two capsules of UKON and fry till the sambal and shrimp fully cooked.



# Spaghetti Ayam Pekasam Pedas

BY AMIRAH FATIN AL-BANJARY

## Ingredients:

- 1 pack of spaghetti
- 1 packs of ayam pekasam
- 100 grams of cherry tomatoes
- 1 carrot stick (julien cut)
- bit of broccoli
- 2 teaspoon of minced garlic
- 1 holland onion (diced)
- 3 teaspoons of oyster sauce
- 3 teaspoons of sweet soy sauce
- 2 tablespoons of black pepper
- 2 teaspoons of chili flakes
- 1 bowls of pasta water
- Salt

## Instructions:

1. Boil the spaghetti with Kangen Water (pH 9.5).
2. Stir fry the garlic, holland onion with olive oil. Then put in the cherry tomatoes into the pan.
3. Pour the ayam pekasam paste, oyster sauce, soy sauce and black pepper into the pan as well as the pasta water.
4. Put in the vegetables into the pan. Make sure to soak the vegetables with Strong Kangen Water (pH 11.5).
5. Put the spaghetti into the pan. Add in the chili flakes and as for seasoning, put in some salt.





TRIBE CHICKEN SOUP

# Get energized!

BY SHANIEL LEE

## Ingredients:

- 1 whole chicken
- 12 grams of Shuang ya hua jiao
- 20 grams scallops
- 2 softgels of Kangen UKON Sigma softgels
- 2 slices of conch meat
- 8 pieces of red dates
- 8 grams of longan
- 9 grams of codonopsis
- 14 grams of wolfberry

## Instructions:

1. Cut the chicken into half and large pieces. Clean and wash the chicken with Strong Acidic Water (pH 2.5). Place the chicken in a stew pot and start to boil with Kangen Water (pH 9.5).
2. Put all the ingredients inside the stew pot and add an appropriate amount of Kangen Water (pH 9.5).
3. Move the chicken, other ingredients and the broth into a saucepan and simmer for about 3 hours. You may use casserole as well.
4. Always skim off the fat and season it with salt and bit of seasoning.
5. It is ready to be served.

# Three Cup Chicken

BY YOON POW

## Ingredients:

- 5 pieces of chicken drumsticks
- 3 tablespoons of sesame oil
- 20 slices of ginger
- 2 onions
- 1 tablespoon of minced garlic
- 5 tablespoons of soy sauce
- 3 tablespoons of Kangen Water (pH 9.5)
- 5 tablespoons of Shaoxing wine

## Instructions:

1. Wash 5 chicken drumsticks with Strong Acidic Water (pH 2.5) and Strong Kangen Water (pH 11.5). After that, cut the chicken drumstick into small pieces.
2. Put sesame oil into a wok together with slices of ginger and stir fry until fragrant.
3. Add diced onions as well as minced garlic into the wok. Put in chicken pieces and cook for about 20 minutes.
4. Add soy sauce, Kangen Water and Shaoxing wine into the wok.
5. Cook for about 20 minutes or till the chicken is fully cooked.





# Stir-Fried Broccoli and Mushroom

BY WAH TIAN LOW

## Ingredients:

- Broccoli
- Enoki mushroom
- Shimeji mushroom
- Onions
- Garlic
- Seasonings - Salt
- Oyster sauce
- Black pepper

## Instructions:

1. Soak the broccoli and onions in PH11.5 strong Kangen Water for three minutes.
2. In the meantime, cut and wash the mushrooms.
3. Heat oil in a wok, and saute garlic and onion until fragrant.
4. Add mushrooms and half cup of pH9.5 Kangen Water, stirring frequently then simmered for two minutes.
5. When the broccoli are softened, seasoning and stirring.
6. Taste and adjust seasonings, if necessary. Enjoy!



**Ingredients:**

- 9 catfish
- 2 white grated coconut
- 3 red onions
- 15 pieces of green bird eye chilies
- a thumb size of live turmeric
- 3 pieces of tamarind slices
- Kangen Water

**Instructions:**

1. Clean the catfish with Strong Kangen Water (pH 11.5) and cut it into small pieces.
2. Wash all the bird eye chilies, turmeric as well as red onion using Strong Kangen Water (pH 11.5). Crush the ingredients using stone mortar.
3. Blend the grated coconut with 2 liters of Kangen Water (pH 9.5) to produce fresh coconut milk.
4. Wash the tamarind slices with Kangen Water (pH 9.5).
5. Place the ingredients (stone mortar) together with the catfish in to a cooking pot,
6. Pour the fresh coconut milk into the mixture. Put in the tamarind slices.
7. Set the fire into medium heat. Let it boil for a while.
8. Once boil, allow the broth to simmer and put salt as seasoning.

# Masak Lemak Cili Padi

BY IZHAR A KARIM



# Who says hamburger cannot be healthy!

BY LYNN & VINCENT



HOMEMADE HEALTHY HAMBURGER

## Ingredients:

- 300 grams of beef mince
- 2 hamburger buns
- 2 to 3 fresh tomatoes
- 1 fresh lettuce (small size)
- 1 fresh green bell pepper (small size)
- 2 pieces of low-fat sandwich cheese
- Hamburger seasoning:
  - Worcestershire sauce
  - American Mustard sauce
  - Ketchup
  - Mayonnaise
  - 1/2 teaspoon of salt and cajun powder
  - 1/4 teaspoon of onion powder
  - 1 teaspoon of ground black pepper

**Instructions:**

1. Wash and soak the lettuce, tomatoes, green bell pepper with Strong Kangen Water (pH 2.5 for about 5 minutes. Rinse and cut into slices.
2. Mix all the hamburger seasoning with the beef mince and then divide the meat into 2 equal sized balls. Form a patty out of each ball about 4 inches in diameter and 1/4 inch thick.
3. Place the patties on to frying pan and fry until well cooked.
4. Place the low-fat cheese on top of the patties.
5. Begin assembling your hamburger by placing 2 slices of green bell peppers and 2 slices of tomato on the base of the bun. Spread 1/2 tablespoon of ketchup on it, follow by adding the patties with cheese on it.
6. Spread mustard sauce and mayonnaise evenly on the cheese.
7. Put the lettuce and it is ready to be serve.





# Teriyaki Salmon

BY HENG SAI HEANG

## Ingredients:

1. 1 Slice of Salmon:
2. Salt
3. Black pepper
4. Teriyaki sauce
5. Side dish: Broccoli and shredded turnip

## Instructions:

1. Soak the salmon in pH2.5 strong acidic water for 3 minutes to remove the fishy smell of the salmon
2. Wash the salmon in pH9.5 Kangen Water
3. Marinate salmon with salt and black pepper.
4. Add a little oil to fry the salmon on both sides
5. Wash broccoli thoroughly with pH11.5 Strong Kangen Water to remove harmful pesticides in broccoli.
6. Boil pH9.5 Kangen Water and add a pinch of salt and black pepper, pour into broccoli few minutes then take it out.
7. Finally, drizzle the teriyaki sauce over the salmon and decorate with the broccoli and shredded turnips





FROM LEFT - KANGEN BLUE OCEAN, KANGEN SUCCESS POCKET & KANGEN FOREVER GREEN

# A balance diet!

BY PEI YIN TAN

## Ingredients (Kangen Forever Green - Garden Salad):

- Avacado
- Onion
- Sweet corn
- Cucumber
- Yakon
- Garden fresh flowers
- 1 tablespoon of apple cider vinegar
- 1 tablespoon of extra virgin olive oil
- 1/2 tablespoon of raw honey

## Instructions (Kangen Forever Green - Garden Salad):

1. Soak all the vegetables (except for the avocado) with Strong Kangen Water (pH 11.5) for 5 minutes.
2. Rinse and soak with Kangen Water (pH 9.5) for another 10 minutes. This will help to enhance the texture of the vegetables.
3. Mix apple cider vinegar, extra virgin olive oil and raw honey well as dressing.
4. Cut all the vegetables and avocado and mix with the dressing well.
5. Ready to be served.



**Ingredients (Kangen Blue Ocean - Salmon Grill with Ukon Wheatgrain Mustard):**

- 1 piece of premium salmon trout
- Organic himalayan salt
- Black pepper
- 1 tablespoon of pure butter
- 2 softgels of Kangen UKON
- 3 cloves of chopped fine garlic
- 10 leaves of chopped fine fresh rosemary
- Few stalks of thymes and rosmary for baking purposes
- 1 tablespoon of wholegrain mustard seeds
- 1 tablespoon of extra virgin olive oil

**Instructions (Kangen Blue Ocean - Salmon Grill with Ukon Wheatgrain Mustard):**

1. Soak the salmon trout with Strong Acidic Water (pH 2.5) for around 2 minutes, followed by soaking it in Kangen Water (pH 9.5) for 3 minutes and pat it dry with kitchen tissue.
2. Season it with a pinch of himalayan salt and black pepper.
3. Mix the chopped fresh rosemary, pure butter and garlic cloves and place few stalks of rosemary and thymes on top of the salmon trout.
4. Preheat the oven to 200 deg for 5 minutes and place the prep salmon trout into the oven for 15 minutes.
5. Mix the UKON, wholegrain mustard seeds and extra virgin olive oil well and pour the mixture on top of the salmon trout. Grill it for another 5 minutes.

**Ingredients (Kangen Success Pocket - Healthy Tri Colour Lentils, Green Peas, Quinoa and Millet):**

- Tri colours lentils
- Green peas
- Quinoa
- Millets
- Mustard
- Vegetable oil
- Ginger
- Olive
- Water
- Soy sauce
- Chili
- Sesame seeds
- Sugar
- Himalayan salt
- Whole green olive
- Mushroom extract

**Instructions (Kangen Success Pocket - Healthy Tri Colour Lentils, Green Peas, Quinoa and Millet):**

1. Soak tri colours lentils, green peas, quinoa and millet with Strong Kangen Water (pH 11.5). After that, soak the ingredients with Kangen Water (pH 9.5) for 10 minutes and rinse it.
2. Boil 500 ml of Kangen Water and add a pinch of himalayan salt. Set the fire to a medium heat and let the water boil. All the ingredients and boil for about 10 minutes till it turn soft.
3. Sieve the ingredient and let it dry.
4. Mix well mustard, vegetable oil, ginger, olive, water, soy sauce, chili, sesame seeds, sugar, himalayan salt, whole green olive and mushroom extract as a dressing.
5. Serve the the ingredients and top it with the dressing

# UKON Portobello Cheesy Chicken

BY ANNA LIU CHAI



## Ingredient A:

- Chicken breast 400g
- Carrot 80g
- Lettuce 300g
- Baby corn 2 piece
- Garlic 2 cloves

## Ingredient B:

- Portobello Mushroom 3 button
- UKON 2 capsules
- Salt some pinched
- Kangen Water pH9.5
- Kangen Water pH2.5
- Cheddar cheese slice 3 piece
- Sesame a pinched
- Cooking oil 1 tablespoon

## Instructions:

1. Soak all the ingredient A into Kangen Water pH9.5 about 10 minute.
2. Use Kangen Water pH11.5 on a soft cloth wipe the Portobello mushroom.
3. Heat cooking pan .Then, pour in cooking oil. Add in the garlic and chicken breast. Add in salt and UKON capsules. Stir the chicken breast until cooked and place aside.
4. Reheat oven at 160 degree. Put the Portobello mushroom on the baking tray. Add in lettuce and the UKON chicken breast. Then, place one slice of cheddar cheese.
5. Pour the sesame seed on top. Bake the mushroom about 15 minute at 180 degree.
6. Boil the baby corn and put aside while waiting the mushroom to be done.
7. Decorate the plate as you like. Place the lettuce, baby corn and some UKON chicken breast.
8. Lastly, add the baked portobello mushroom to the plate. Ready to serve.







TRIO EGGS SPINACH SOUP

#### Ingredients:

- Spinach
- An egg
- A century egg
- Salted egg
- Shallot
- Goji berries
- Anchovies

#### Instructions:

1. Wash all the ingredients with Strong Kangen Water (pH 11.5).
2. As for the spinach, do make sure to soak it with Strong Kangen Water (11.5) and then rinse it with Kangen Water (pH 9.5).
3. Boil Kangen Water and anchovies for about 10 minutes.
4. Put in all the ingredients into the pot and boil for another 5 minutes.
5. Ready to be served.

# Suitable for all ages.

BY LITTLE INFINITE CREATOR



# Chicken Roulade with Potato Fondant

BY JCQLYNE CHIN

## Ingredients: (serve 1pax)

- 250gm skinless chicken breasts
- 20gm Baby spinach, stems removed
- 10gm unsalted butter
- Olive oil (as needed)
- 200gm red bell pepper
- 2gm garlic cloves, minced
- salt and pepper (to taste)
- 2 slices of Turkey bacon
- 1 slice Chicken Liver
- 1 slice Chicken Heart

## Instructions:

1. It's all the juice (sauce) and water water water.
2. I use Kangen Alkaline filtered water to boil the chicken stock first.
3. First prepare chicken stock. Then bake the bell pepper. Remove skin and cut the bell pepper.
4. Using a sauté pan pour in the olive oil and cook the garlic, liver and heart half cook under medium heat.
5. As for the chicken, open up the chicken breast, season with salt & pepper. Place the spinach leaf on the chicken follow by bacon, bell pepper, liver, heart & garlic.
6. Roll up the chicken, tie with butcher string. Under medium heat, sauté and seal the chicken breast skin down first & then the rest of the chicken.
7. Place the chicken into the oven & baked for 12 minutes or until the chicken is cooked.
8. Remove the chicken & set aside.
9. Skim off the fat from the sauté pan. Deglaze with red wine and reduce them by half. Add chicken stock and demi glaze. As for seasoning, add in salt and peppers.
10. Monte the sauce with butter, place the chicken on the plate and serve with the chicken sauce.



# Colourful and Delicious Moon Cakes!

BY THERESA LEE



## Ingredients (Fillings):

- 1 kg moon cake filling (white lotus paste)
- 60 gram melon seed (toasted)

## Ingredients (Dough):

- 1 packet snow skin moon cake mix
- 70 gram shortening
- 500 ml pH 11.5 (cleaning flower and fruits purposes)
- 260 gram pH 9.5 (divide into 6 parts of flowers or fruits' juice)
  - 10 gram of butterfly pea flower
  - 100 gram of fresh strawberry
  - 50 gram of pandan leaves
  - 100 gram of carrot



#### **Instructions (Fillings):**

1. Mix all the ingredients together.
2. Take out moon cake filling, knead evenly until colour become slightly lighter.
3. Divide into equal pieces (20 to 25 gram) and insert the filling.
4. Knead into a smooth ball and cover with fresh keeping film and set aside.

#### **Instructions (Dough):**

1. Mix the snow skin mix powder with 70 gram shortening and divide it into 6 equal parts of each flower and fruits to form the dough. (snow mixed flour 83g + shortening 12g + flower juice 43g)
  - a. 40 gram reduced butterfly bean flower juice + 3 gram lemon juice (light purple)
  - b. 43 gram reduced strawberry juice (pink)
  - c. 43 gram reduced carrot juice (orange)
  - d. 43 gram reduced vanilla leaf juice (green)
  - e. 43 gram reduced cold water pH 9.5 (white)
2. Knead into a uniform dough, wrap the dough with fresh keeping film and let it rest for 30 minutes.
3. Divide the ice skin that has been made into small pieces. It can be 1to1 or 6to4 ration. Take out a piece of dough and squash it.
4. Thin the edges with your hands, wrap the filling inside and seal it, Knead the dough into a ball.
5. Pressed the ball into the mold, buckle it upside down on the panel and press 3 times at a hard speed. Gently lift the mold.
6. Keep the finished products refrigerated or frozen. Do not keep it too long as it may affect the taste!





# Homemade Soy Milk

BY BEE SOOK KOH

## Ingredients:

- 200 grams of dried soybeans
- 300 ml of Strong Kangen Water (pH 11.5)
- 1700 ml of Kangen Water (9.5)
- Brown sugar (optional)
- A nut milk bag

## Instructions :

1. Soak the dried soybeans overnight with Strong Kangen Water (pH 11.5) for at least 6 hours.
2. Discard the water and add Kangen Water as well as soybeans into the soy milk maker and blend it until smooth.
3. Set the temperature to 100 degree Celcius for about 30 minutes. Continue to stir frequently as to prevent the soy milk from clumping and sticking.
4. Drain the blended mixture of soy milk using nut milk bag.
5. Add brown sugar as desired (optional).
6. Enjoy the soy milk while it is still warm or chill it.

# Make your own booster drink!

BY PEI YIN TAN

## Ingredients (serving for 6 pax):

- 150 gram of water cress
- 100 gram of apricot seeds
- 6 pieces of honey date
- 6 pieces of pandan leaf
- 6 stalks lemongrass
- 2 pieces of dried mandarin orange
- 1 to 2 pieces of sugar cane block
- 3 liters of Kangen Water (pH 9.5)

## Instructions:

1. Soak the water cress in with Strong Kangen Water (pH 11.5) and Kangen Water (pH 9.5) for 5 and 10 minutes each.
2. Soak apricot seeds, honey dates and dried mandarin orange with Kangen Water (pH 9.5) for 5 minutes.
3. Wash the pandan leaf, lemongrass and sugar cane block with Kangen Water (pH 9.5). Smash the end of the lemongrass.
4. Boil 3 liters of Kangen Water for 10 minutes and then, add all the ingredients. Set the fire to medium and boil for about 1 and half hours. Can be served hot as well as cold.





# Grouper Fish Head in Assam Sauce

BY VIYEN SOON



## Ingredients (serving for 6 pax):

- 1 Grouper Fish Head
- 2 large tomatoes , cut into wedges
- 200g Lady Finger
- 50g tamarind with 100ml Kangen Water (squeeze remove seeds & retain tamarind juice)
- 1/4 cup oil

## Ground to a paste

- 50g dried chilies
- 6 pcs shallots 1 pc fresh turmeric root
- 3 stalks lemon grass
- 1 stalk ginger bud)



## Instructions:

1. Sanitize grouper fish head with Acidic Water pH2.5 and then clean with Kangen Water pH9.5
2. Steam the lady finger with Kangen Water pH9.5
3. Heat the oil and stir fry the paste.
4. Add in ginger buds and fry till fragrant then pour the Kangen tamarind juice
5. Add in tomatoes and cook for 2 minutes.
6. Add salt and sugar to taste then put in the cut fish head..
7. Cover the lid and allow the simmer.
8. Lastly, add the steamed lady finger