

## Ring Cooking Anti-aging snow mushroom drink 長壽甜湯

### Ingredients zairyo : Makes 4

- 30g of snow mushrooms
- 6 dates (remove seed)
- 10 lotus seeds (soak in water for 60 min)
- about 3,4 table spoons of sugar
- 6 cups of water

### Recipe :

1. **Soak** the snow mushrooms in water. **Break** into bite sizes. Boil slightly in hot water.
2. **Cook** the snow mushrooms, dates and lotus seeds for 30 minutes on low heat.
3. **Flavor** with sugar. Top with some wolfberries.