



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Apam Hangus

10 pcs



INGREDIENTS

- 250g self-raising flour, sifted
- 1 tsp baking soda
- 150g brown sugar
- 200ml water
- 50g margarine, melted
- 2 pandan leaves
- 1 egg, beaten



METHOD

- Combine sugar, water and pandan leaves in a large pot. Melt the sugar. Set aside to cool.
- Combine the flour and baking soda in a mixing bowl. Pour in the sugar, melted butter and beaten egg. Mix well.
- Pour the mixture into 10 paper cups.
- Steam the cakes for 15 to 20 minutes. Serve hot with tea.

NUTRITION FACT

Energy (kcal)	187.8
Protein (g)	3.1
Carbohydrate (g)	33.3
Fat (g)	4.7
Saturated Fat (g)	1.0
Fibre (g)	0.7
Sodium (mg)	510
Phosphorus (mg)	199
Potassium (mg)	86.6



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