



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Ondeh- Ondeh

4 servings

INGREDIENTS

- 300 g sweet potato
- 1/2 tbsp tapioca flour
- 1/2 tbsp sugar
- 1/4 grated coconut, add 1/4 tsp salt and mix well
- 2 pandan leaves, shredded and pounded to extract the juice
- 1/2 block of palm sugar, chopped

METHODS

- Scrub the sweet potato and boil until soft. Then mash the sweet potato and strain the fibres.
- In a separate bowl, mix the chopped palm sugar with white sugar for filling.
- Mix the mash sweet potato with flour and knead well until the dough is elastic. Add pandan leaves juice to the dough to give it a green colour.
- Make small size dough balls.
- Put 1 tsp of the filling in the centre of dough balls and re-shape it into balls.
- Boil a large pot of hot water and when it is boiling drop in the dough balls.
- The onde-onde will float when its cooked. Lift and strain.
- Roll in grated coconut and serve hot.

NUTRITION FACT

Energy (kcal)	115
Protein (g)	4.3
Carbohydrate (g)	25.3
Fat (g)	0
Saturated Fat (g)	0
Fibre (g)	0.7
Sodium (mg)	2
Potassium (mg)	17



03-79549048

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