

# Chinese Snow Fungus & Goji “Collagen” Soup

## Ingredients (serves 4–6)

- 1 dried snow fungus (tremella), about 15–20 g
- 6–8 dried red dates (jujubes), pitted if possible
- 2–3 Tbsp goji berries (about 20 g)
- ¼ cup dried lotus seeds (optional), soaked 1–2 hours; remove the green germ if present
- 6–8 cups water (6 cups = thicker, 8 cups = lighter)
- 1–3 Tbsp rock sugar, coconut sugar, or maple syrup, to taste
- Optional add-ins: 4–6 dried longan, 1 Asian pear (peeled and diced), 1–2 thin slices fresh ginger, 1 pandan leaf

## Instructions

### 1. Prepare the snow fungus

Rinse under running water. Soak in a bowl of cool water 1–3 hours until it expands and turns soft. Trim off the tough yellow base and cut the fungus into small bite-size florets.

### 2. Prep the other ingredients

Rinse red dates and make a small slit in each

to release flavor. Rinse goji berries and set aside (they go in near the end). If using lotus seeds, soak as noted above; remove the tiny green germ for a less bitter taste. Prepare any optional add-ins (dice pear, slice ginger).

### 3. Simmer the base

Add water, snow fungus, red dates, lotus seeds (and longan/ginger/pandan if using) to a pot. Bring to a boil, then reduce to a gentle simmer. Partially cover and cook 45–60 minutes, stirring occasionally, until the fungus is tender and slightly gelatinous and the lotus seeds are soft.

### 4. Sweeten and finish

Stir in rock sugar (or chosen sweetener) and simmer 5–10 minutes until dissolved. Add the goji berries for the last 5 minutes so they plump but don't break down. If using Asian pear, add it in the last 10–15 minutes so it keeps its shape.

### 5. Serve

Serve warm, or let cool to room temperature and chill 2–3 hours for a refreshing dessert

soup. The soup may thicken slightly as it cools.

## 6. Storage

Refrigerate in a covered container up to 3 days. If it gels in the fridge, loosen with a splash of hot water and stir.

## Benefits

- Snow fungus (tremella): rich in polysaccharides that hold water and support skin hydration and a soft, supple look.
- Goji berries: provide vitamin C and carotenoids (including zeaxanthin) with antioxidant activity that helps protect collagen and overall skin appearance.
- Red dates (jujubes): add gentle sweetness and polyphenols; traditionally used for overall nourishment.
- Lotus seeds (optional): add plant protein, minerals, and B-vitamins that support tissue repair.
- Hydrating, low-fat dessert soup that's easy to digest.

