

**FOOD RECIPE PREPARED BY:**

**SUN-UP BEAN FOOD MFG PTE LTD**

**COUNTRY: SINGAPORE**

**SINGAPORE DATE: 08 OCT 2011**

**SINGAPORE TIME 23:00PM**



# Spirulina Tofu

**DO YOU KNOW....**



**BY 2045 Earth population will likely have swelled from 7 to 9 billion people.**

**(July 2011 National Geographic)**

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## ADJUSTING OUR DIETS

**To fill all the 7 to 9 billion peoples stomachs in 30 years time , one of the solution is to adjust our diets accordingly.**

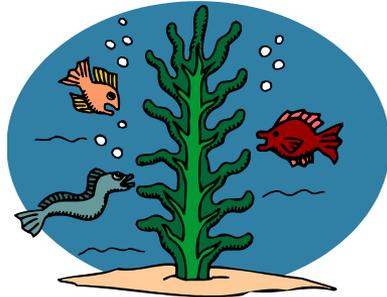
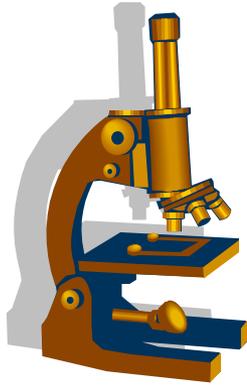
**(July 2011 National Geographic)**



Do you know....

**Less meat can mean more food. Soybeans provide up to 15 times more protein per acre than land set aside for meat production, according to the National Soybean research Laboratory**

**(July 2011 National Geographic)**



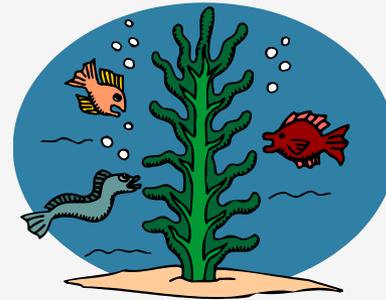
## **INCREASED RESEARCH**

Do you know....

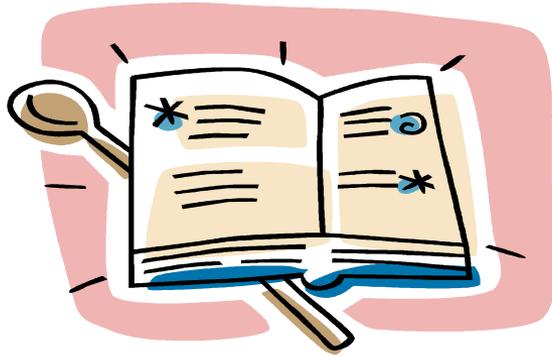
**To fill all 7 to 9 billion  
peoples stomachs,  
we need to increase  
research.**

**(July 2011 National  
Geographic)**

FOOD FOR THE  
NEXT  
GENERATION...



## RECIPE



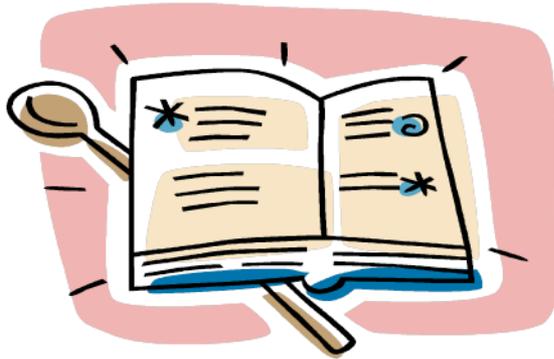
## INGREDIENT:

- 1 Packet 300gm Silken Tofu
- $\frac{1}{4}$  tsp spirulina powder
- Soya sauce as topping(optional)

## PREPARATION TOOLS:-

- Juice Grinder
- Bowl
- Baking mould ( OVEN SAFE )
- Plastic Knife
- Spoon
- Steam cooker

## RECIPE



### Methods

STEP 1: Cut the tofu into small cubes.

STEP 2: Switch on the Juice Grinder and put tofu in it and let the juice grinder grind the tofu into paste.

STEP 3: Pour half the white tofu paste into the mould. Pour the  $\frac{1}{4}$  tsp spirulina powder into the balance white tofu paste and blend it well.

STEP 4: Pour out the spirulina tofu paste in the same mould beside the white tofu paste.

STEP 5: Add 50ml of water in steam cooker and place the mould in steam cooker and steam for 10 min.