

High Protein Matcha Azuki Mooncake

A harmonious blend of alluring flavors, these high protein mooncakes combine the sweetness of azuki paste with the earthy flavor of matcha. A healthier festive treat to enjoy during Mid-Autumn Festival.



AZUKI BEAN FILLING

Ingredients	Wt (g)
Azuki bean paste (sugar-free)	150
Melon seeds, toasted	21
U.S. Whey Protein Isolate	12
Total	183

Preparation
1. Combine whey protein isolate, azuki bean paste and melon seeds. Mix well and set aside.

MATCHA SKIN

Ingredients	Wt (g)
Light corn syrup	84
U.S. Whey Protein Isolate	70
U.S. Skimmed Milk Powder	15
Glycerine	30
Canola oil	24
Tapioca starch, toasted	9
Matcha powder	6
Total	238

Preparation
1. Gently heat light corn syrup, glycerine, and tapioca starch while stirring continuously until a homogenous paste is formed.
2. Remove from heat and transfer the paste into a mixing bowl. Add the canola oil and mix at low speed for 30 sec. Add skimmed milk powder and matcha powder and continue mixing at low speed for 1 min.
3. Add the whey protein isolate and mix slowly at low speed for 2 mins until well incorporated.

Assembly

1. Knead the matcha dough to soften it slightly.
2. Portion 22 g of matcha dough and roll into a ball. Flatten the dough and place 18 g of azuki bean filling into the center of the dough. Wrap it up tightly, sealing the edges.
3. Place the ball into a small mooncake mold (pre-dusted with toasted tapioca flour). Gently press to form shape.
4. Tap and remove from the mold. Chill before serving.

NUTRITION CONTENT	
Per 100g	
Energy	262 kcal
Protein	21.0 g
Total Fat	8.9 g
Saturated Fat	1.5 g
Trans fat	0 g
Cholesterol	5 mg
Total Carbohydrate	32.9 g
Sugar	15.7 g
Dietary Fibre	3.3 g
Sodium	193 mg
Calcium	114.0 mg
Potassium	356.7 mg
Iron	0.3 mg
Vitamin D	0.02 µg



TIPS

For a bite-sized variation, adapt recipe to be made into a bonbon or mochi.



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