

Foodnity Recipes

5-Ingredient Strawberry Sago

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1/2 cup sago pearls
- [ ] 2 cups whole milk
- [ ] 2 tbsp sugar
- [ ] 1 cup fresh strawberries, hulled and sliced
- [ ] 1 tsp lemon zest
- [ ] A few mint leaves for garnish (optional)

Instructions

1. Rinse the sago pearls under cold water, then place them in a saucepan with the milk.
2. Bring to a gentle simmer over medium-heat, stirring occasionally. Add sugar once the mixture starts to thicken.
3. Cook for about 10-12 minutes until the pearls become translucent with a tiny white core. Remove from heat and let cool slightly.
4. Stir in the sliced strawberries, lemon zest, and mint if using. Chill in the refrigerator for at least 10 minutes before serving.
5. Serve in chilled bowls, garnish with an extra strawberry slice and a sprig of mint. Enjoy the cool, sweet bite.

Nutrition per serving

180 kcal	6 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pearls clump, rinse them again with cold water before cooking.
- Adjust sweetness to taste; strawberries add natural sweetness.
- For a richer taste, replace half the milk with coconut cream.