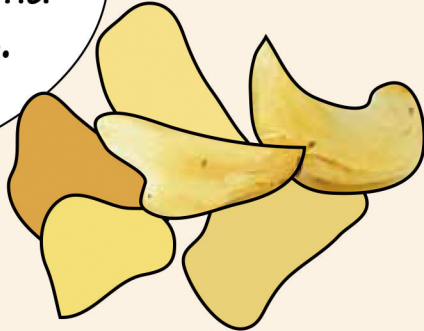


CHEN'S KITCHEN

Chinese Herbs

Mum usually boils soup by using dried lilies and lotus seeds. I love it!



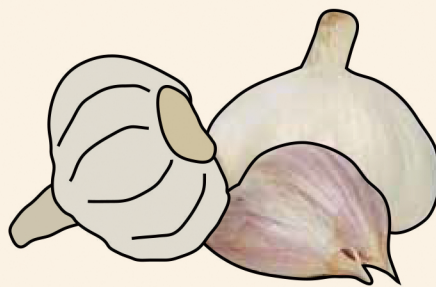
Chinese dried lilies

These are Chinese dried lilies. They are very good for the lung.



Chinese aniseeds

These are Chinese aniseeds. According to traditional Chinese medicine they are warm and moving herbs and have been used to assist in relieving cold.



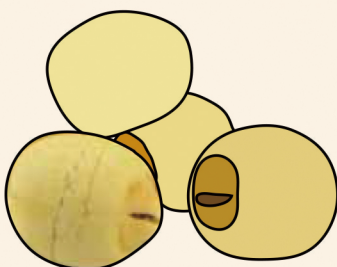
Garlic

Garlic can lower cholesterol and blood pressure. It can also improve blood circulation.



Jujubes

These are Chinese jujubes and are widely considered as the "living vitamin pill" by the Chinese. It contains Vitamin B, C, E, P, phosphorus, calcium, iron and more.



Chinese lotus seeds

These are dried Chinese lotus seeds. They are used to make dessert and are beneficial to the spleen, kidney, and heart.



Ginseng

Ginseng is the King of the Chinese herbs. It has been used for increasing energy and help improving metabolism.



Garlic chives

These are garlic chives. They are low in fat and high in dietary fibre and protein. They contain high amounts of Vitamin C.



Goji berries

These are goji berries. They are small bright red fleshy fruits and are natural supplement for improving eyesight.