

## Guava with Sweetened Licorice Powder 甘草芭樂

Guava with sweetened licorice powder is a classic Taiwan treat. It made by fresh Guava and licorice powder. It has a crispy texture and a light sweet and sour taste. It is one of the most popular desserts in Taiwan during summer and can aid people in relieving summer heat as well as strengthen immunity. The sweetened licorice powder can help supply the sugar lost when sweating.

Guava has green skin and inside has white and crispy pulp which contains rich vitamin C with eight times more the amount than orange and thirty to eighty times more than banana, pineapple, tomato and watermelon. Sweetened licorice powder is made from finely grounded dried licorice and added into sugar for improved taste.

The first step to make guava with sweetened licorice powder is to clean the guava and cut into small chunks. The second step is to add the guava chunks, sweetened licorice powder, sugar, and salt into a sealed plastic bag and rub for several minutes to make sure all the ingredients are blended well. The third step is to open the plastic bag, press the bag to force the air out, put the plastic bag into refrigerator for about thirty to sixty minutes and then pour everything into a box.