



# Nourishing Sweet Steamed Egg

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 large egg
- water (amount of 1.5-2 eggs)
- natural rock cane sugar (crushed)

## Instructions

Crack egg in a glass or small bowl. Add crushed natural rock cane sugar & water. I like it sweet, so I used about 3 tsp of rock sugar. Mix well without beating the egg as you may not want to see those holey holes ;-D

Boil water in a steamer. Place the glass/bowl with egg mixture into the steamer. Gently stir the mixture for about 1min before leaving it steams for 20-30mins over a lower medium heat.