

# How to make moon cakes of purple sweet potatoes for people who are afraid of fat

Mooncake Purple sweet potato has a natural sweet sweetness of sweet potato so you don't need to use sugar in the crust, just add a little condensed milk to have a richer and more aromatic flavor. This type of cake is very suitable for people who are afraid of fat or are in the process of losing weight.

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## Mid-Autumn moon cake materials for purple sweet potatoes

### Wrapper

1. 500 grams of purple sweet potatoes
2. 50 grams of flexible baking dough
3. Condensed milk (depending on taste)

### Bread

1. 200 grams of green beans
2. 100 grams of sugar
3. 10 grams of flexible baking dough
4. 30ml of cooking oil
5. 1 teaspoon of grapefruit flower oil

## How to make moon cakes of purple sweet potatoes

### Step 1:

Potatoes are bought, scraped clean shells, sliced into small pieces, then put in soaked water for about 15 minutes to remove all the plastic.



Steamed with purple sweet potatoes and mashed well (Photo: Internet source)

After that, you can absorb the sweet potatoes with soft potatoes. Note that this step should be steamed, if the potatoes are boiled, you should leave the whole tubers or when you boil, you must leave the potatoes to run out of water or your crust will be dull.



Filter purple sweet potatoes through the sieve to make the Mid-Autumn crust more smooth and flexible (Photo: Internet source)

When cooked, you let it cool and then grind it. You can add potatoes to a blender. Because there are lots of small fibers in the potato, you have to filter through the sieve to get a smooth mixture.



Mix purple sweet potatoes with condensed milk and soft dough, then knead thoroughly (Photo: Internet source)

Mix condensed milk and dough cake into potato. You have to mix it well to make a smooth paste that will make it easier to shape moon cakes.

## **Step 2:**

Soak green beans in water for 2-3 hours before baking, clean the shell, clean the beans and drain.



Soak green beans in warm water for 2-3 hours (Photo: Internet source)

It is possible to add green beans and water to the pot for cooking or steaming the water, for soft green beans.

When green beans are cooked, add green beans and sugar to the pureed blender.



Green bean curd for moon cakes with sweet potato purple (Photo: Internet source)

Pour this mixture into the pan, add the cooking oil, the dough cake and the grapefruit flower oil to mix well, bring the slug on the stove with low heat, stir well until the mixture is dry, become a block plastic is fine.

### **Step 3:**

Divide the purple sweet potato peel and multiply the green beans into equal round balls in a ratio of 2: 1, meaning 2 parts of purple sweet potato and 1 part of the green bean.

Flattening the purple sweet potato peel, put the green bean paste in the middle, gently wrap it. Note, purple sweet potato peels do not have the adhesion like regular moon cake making, so you have to be very light or you will make cracked bread.



Setting up moon cakes with sweet potato and green beans (Photo: Internet source)

Sprinkle some flour into the mold and put the cake in to shape. Press all 4 corners to make the cake look better.



Purple sweet potato cake suitable for people who are afraid of fat (Photo: Internet source)

Mooncakes with sweet potatoes and green beans can be eaten immediately, so it is suitable for those who want to make moon cakes but do not have an oven.



How to make moon cakes Midnight purple sweet potatoes are simple, do not need an oven (Photo: Internet source)

You can replace green beans with other types of beans such as lotus seeds, coconut milk, red beans .

Good luck!

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