



群馬のこんにやく
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A new healthy taste of konjac sweets

“Sweets Kon”

Konjac has high health effects

Konjac is abundant in fiber.

It activates your intestines and discharges harmful waste from your body.

It is not only effective for constipation, but also for colorectal cancer prevention since the harmful substances do not pile up inside.

Also, it lowers your blood-sugar level and cholesterol.

Konjac prevents and help improve diabetes and help lower your blood pressure.

Ways of cooking

- **It could be used by adding water:** please use it for parfait toppings, or with other confectionary
- **It could be used by adding juice or other beverages:** Placing “Mochi kon” inside of fruit juice or other types of beverages will create a jelly-like texture
- **Sweeteners increase the chewy texture:** When sugar is added to “Mochi kon” , it becomes more chewy

How to soak the “Mochi kon”

Soak “Mochi kon” into juice or other beverages for one day:

Place “Mochi kon” with a beverages of your choice in a plastic bag and let the liquid soak in for a day. (Keep out of high temperature, high humidity, and direct sunlight) The time varies depending on the type of beverage.

24 hours after soaking 100g of “Mochi kon”



5 times concentrated blue berry juice (30cc)



Instant coffee (5g) + water

Ways of eating “Mochi kon”

Soaking into syrup with sweet liqueur



Panna cotta as a topping



Yogurt with “Mochi kon” has a fantastic texture



- **If the konjac flavor bothers you:** add orange liqueur or lemon juice and the konjac flavor will disappear



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