



## Green bread



**Posh Nosh**

Tan Hsueh Yun  
Food Editor

It's time to go green with your bread.

"I'm not a fan of whole wheat bread," says Tan. "I like the texture of white bread, but I do like the taste of whole grain bread. It's more filling and it has more fiber, which is good for you."

"I like to eat bread with butter or jam, so I prefer whole grain bread because it has more fiber and it's more filling," says Tan. "I also like to eat bread with cheese, so I prefer whole grain bread because it has more protein."

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Scan this QR code to read more about Tan's bread tips.

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## Big purple garlic

Garlic has been used in cooking for thousands of years. It is a common ingredient in many dishes, from soups to stews, and is known for its strong flavor and health benefits. Garlic is a member of the onion family and is related to leeks, scallions, and shallots. It has a distinctively pungent smell and taste, which can be overpowering if not cooked properly. However, when cooked correctly, garlic can add depth and complexity to any dish. In fact, garlic is one of the most versatile ingredients in the kitchen, and can be used in a variety of ways, from roasting to sautéing to grilling. So why not give it a try and see what all the fuss is about?



## Salted caramels for coffee

Can it be true? Cream caramels that don't induce an immediate sugar high?

While looking for salted caramels recently, I got lucky with this Swiss brand.

The buttery smoothness is the first thing that registers and then the surprise is that my palate is not assaulted by a blast of sweetness. Of course,

there could be more salt in it, but there is enough that it registers.

Why am I looking for salted caramels, you ask. Well, a friend tells me they are delicious stirred into a cup of coffee and she is right.



Läckerli Huus Rahmtäfeli, \$23 for a 350g box from Huber's Butchery, 18A Dempsey Road, tel: 6737-1588, open: 9.30am to 8pm (weekday), 9.30am to 7pm (weekend)

## Sprinkly stroked snowflakes

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