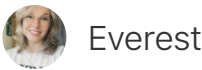


Tanghulu With a Twist



Everest

A traditional Chinese street snack is taking new generations by storm. Growing in popularity quickly, this sweet treat has kids raving about the fruit!

PREP TIME

10 mins

COOK TIME

10 mins

COOLING TIME

10 mins

TOTAL TIME

30 mins

SERVINGS

4 people

CALORIES

150 kcal

INGREDIENTS

- 8-10 strawberries hulled
- 2-4 kiwi peeled and sliced into thick chunks
- 1/4 pineapple cut into bite-sized pieces
- 1 cup sugar granulated

INSTRUCTIONS

- 1. Prep the Fruit:** Wash and thoroughly dry all your fruit. Moisture should be avoided to achieve a good sugar crackle. Skewer your fruits in any combo you like!
- 2. Make the Candy Syrup:** In a small saucepan over medium heat, add the sugar and water. Stir gently until sugar dissolves, then stop stirring. Let the mixture boil until it reaches 300°F (hard crack stage). Use a candy thermometer for best results. A meat thermometer will work too.
- 3. Dip & Twirl:** Working quickly, dip each fruit skewer into the syrup and twist to coat. Let excess drip off, then place the skewer on parchment paper or a silicone mat to cool and harden.

4. **Cool, Crack, Enjoy:** Let the skewers cool for 10 minutes. When you bite in, you should hear that signature *crack!* This part makes tanghulu fun (and addictive).

NOTES


Additional items needed:

- Bamboo skewers
- Parchment paper or silicone mat

Serving Size: 3–4 tanghulu fruit pieces (a mix of strawberry, kiwi, and pineapple skewered and coated in the sugar shell) *This recipe yields 4–5 servings, depending on the size of the fruit and the skewer portions.*

Nutritional Facts (per serving):

Nutrient	Approximate Amount
Calories	140–160 kcal
Total Fat	0.3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0–5 mg
Total Carbohydrates	38–40 g
– Sugars	33–35 g
– Dietary Fiber	2–3 g
Protein	0.6 g
Vitamin C	70–90% DV
Calcium	1–2% DV
Iron	1–2% DV

 *These values are estimates and may vary based on the exact size of fruits, amount of sugar coating, and serving size.*



