

Yakult®

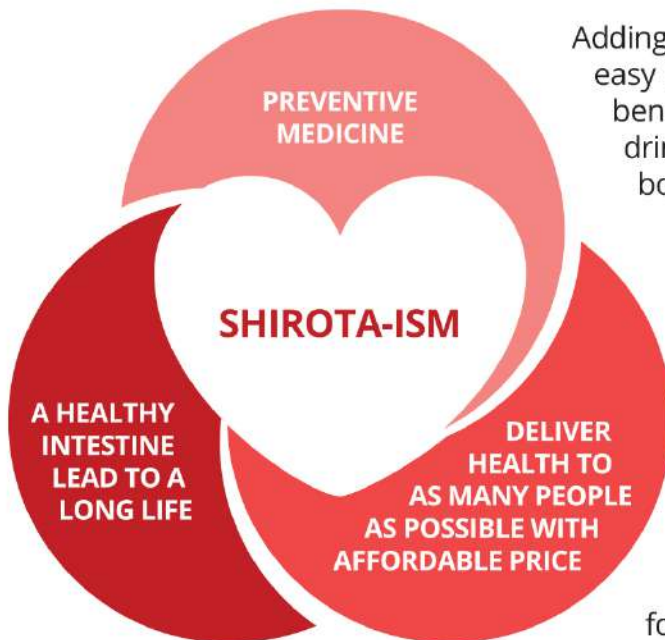




Health from Within

Start with A Healthy Intestine

The founder of Yakult, Dr. Minoru Shirota believed a healthy intestine is the key to long life. The intestine is known as the organ for digestion and absorption of nutrients. But not many know that our intestine is also the largest immune organ in our body. 70% of immune cells in our body reside in our intestine, and these 'soldiers' protect our body from intruders such as harmful bacteria and viruses, thus forming our intestinal immune system. The unique bacteria, *Lactobacillus casei* Shirota strain present in Yakult is a strong probiotic culture that helps to maintain this barrier.



Adding Yakult to our daily diet is an easy way for us to obtain the health benefits of the Shirota strain. Besides drinking Yakult directly from the bottle, it can be added in cooking as well. The unique sweet and sour taste of Yakult imparts a special flavour, while the Shirota strain increases the functional value of the food, transforming the food into a healthier version. This book compiles creative recipes created by Yakult lovers that enable you to enjoy delicious and healthy food at the same time.

Here at Yakult, we strive to bring health and happiness to people all around the world in order to fulfil Dr. Shirota's vision.



Yakult (Malaysia) Sdn. Bhd.



YAKULT PANDAN CHEESE CAKE

"Kek Pandan Cheese Yakult"

INGREDIENTS

Pandan cake:

4 eggs
50 g pandan juice
1 teaspoon of green food colouring
120 g castor sugar
170 g wheat flour
1 teaspoon baking powder
1 tablespoon Ovalette
50 g cooking oil

Yakult Cream Cheese:

150 g cream cheese
1 bottle of Yakult
1 cup of whipping cream
Shredded cheddar cheese for garnishing

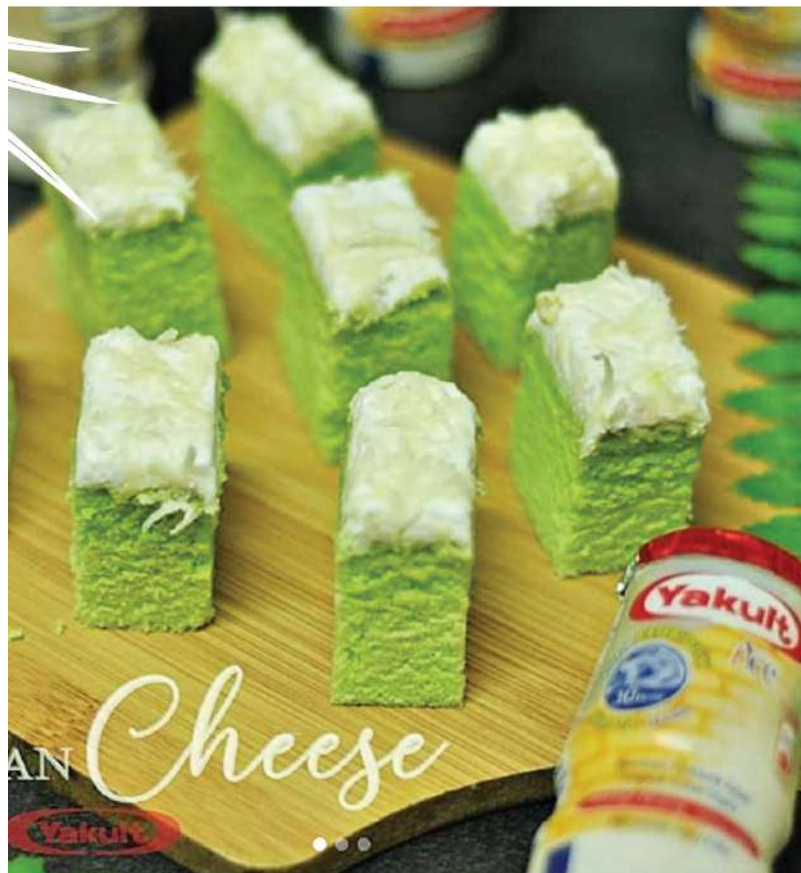
DIRECTIONS

Pandan cake:

1. Put eggs, pandan juice, food colouring, castor sugar, baking powder and wheat flour in a mixer. Mix all ingredients until well combined
2. Add in Ovalette and continue mixing until the batter become light and fluffy
3. Add in cooking oil and fold well
4. Pour the batter into a pan and bake in a preheated oven at 170 °C for 30 minutes
5. Take the cake out from the oven and allow it to cool completely

Yakult Cream Cheese:

1. Beat the cream cheese in a mixer until smooth
2. Pour in Yakult and mix well
3. Add in whipping cream and continue to beat the mixture until light and fluffy
4. Spread cream cheese on the cooled cake
5. Garnish the cake with shredded cheddar cheese



SOURCES

> Instagram

www.instagram.com/p/CA0PqHoDvUy/?utm_source=ig_web_copy_link

> Facebook

www.facebook.com/1668490802/posts/10219214678312291/?d=n



YAKULT CRANBERRY SNOWSKIN MOONCAKE

INGREDIENTS

120 g Koh Fun (cooked glutinous rice flour)
100 g icing sugar
30 g Crisco shortening
160 ml Yakult
50 g thawed frozen cranberry
500 g readymade red bean paste for fillings

DIRECTIONS

1. Make a puree by mashing the thawed frozen cranberry with Yakult and set aside
2. Mix Koh Fun (cooked glutinous rice flour) with icing sugar until well combined
3. Add shortening into the flour mixture and gently rub until the mixture is well mixed
4. Finally, add in Yakult cranberry puree into the flour mixture and knead dough until soft. Let the dough rest for 30 minutes before using

ASSEMBLES THE MOONCAKES

1. After 30 minutes, shape the dough into small balls
2. Flatten the balls and fill in the red bean paste in the center of the dough and seal it
3. Put the filled dough into mooncake mould. Flip it over onto a flat surface and serve chilled

SOURCES

> Instagram

www.instagram.com/p/CAXiSsxIDi-/

> Facebook

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YAKULEN LAYERED CAKE

"Kek Lapis Yakulen"

INGREDIENTS

500 g unsalted butter
1 tablespoon Ovalette
70 g castor sugar
250 g wheat flour
250 g cheese
10 eggs
2 teaspoon vanilla essence
1 can sweetened condensed milk
50 g ground almond
100 g Horlicks
2 tablespoon kaya
3 ½ bottles Yakult Ace
100 g watermelon ice cream powder
100 g cheese powder
100 g vanilla powder
Food colourings (red & blue)
Oreo cookies crumbs

DIRECTIONS

1. Using an electric mixer, beat unsalted butter, Ovalette and sugar until fluffy at a high speed for about 8 minutes
2. Add in cheese and keep beating using the mixer for 3 minutes or until the mixture is smooth and lump free
3. Add eggs, one at a time, and beat well with each addition at medium speed. Add in vanilla essence, sweetened condensed milk, ground almond, Horlicks and kaya. Continue mixing until all ingredients are well combined
4. Lower the speed, and add in half of flour and half bottle of Yakult alternately. Beat well until all flour and Yakult is incorporated and the batter become smooth
5. Divide the batter into 3 separate large bowls. For the first bowl, add watermelon ice cream powder and 4 drops of red food coloring to make pink colored mixture and whisk away
6. For the second bowl, add cheese powder and 4 drops of blue food coloring. Mix well
7. As for the last bowl, add vanilla powder
8. Grease the baking pan using leftover butter and place parchment paper at the bottom of the pan
9. Preheat the oven for 20 minutes at 200 °C. For the first layer, spread a small amount of batter on the prepared pan and sprinkle some Oreo biscuits crumbs. Bake in the center rack of the preheated oven
10. Once a layer is cooked and looks golden brown, add another layer, and bake again. Continue doing this until the batter is all used up
11. Once done, cool the cake for a while and gently turn the cake out. Let it cool completely and it is ready to serve



SOURCES

> Instagram

www.instagram.com/p/CAQCdt5FuyP/

> Youtube

www.youtube.com/watch?v=hHrm9cX0wAw



PUMPKIN AND SWEET TURNIP IN COCONUT MILK WITH YAKULT

"Pangat Labu Sengkuang Yakult"



INGREDIENTS

200 g pumpkin (cut into cubes)
100 g sweet turnip (cut into cubes)
1 tablespoon sago (washed and rinsed)
100 ml coconut milk
500 ml coconut cream
4 bottles of Yakult
80 g palm sugar
20 g granulated sugar
1/4 teaspoon salt

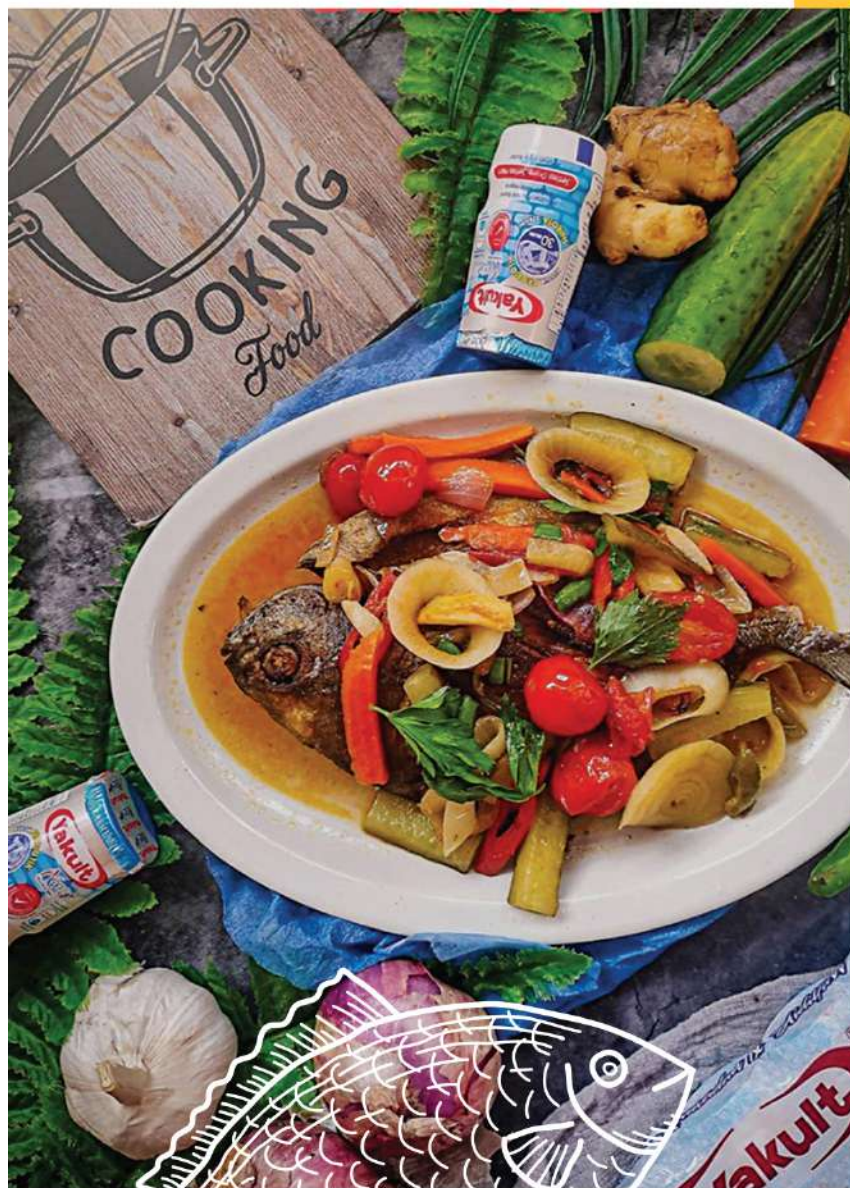
DIRECTIONS

1. Place the cubed pumpkin and sweet turnip into a steamer. Steam until soft and set aside
2. In a pot, pour in the coconut milk and sago and cook until the sago turned clear
3. Add in granulated sugar, coconut cream, Yakult and salt
4. Continue to cook until the mixture comes to a boil. Add in steamed pumpkin and sweet turnip cubes. Stir well
5. Ready to serve

SOURCES

> Facebook

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YAKULT ACE LIGHT SOUR POMFRET FISH (Yakult as vinegar replacement)

*"Bawal Masak Asam
Yakult Ace Light"*

INGREDIENTS

1 whole pomfret fish (fry until half cooked)
5 cloves of garlic (sliced)
5 whole shallots (sliced)
Half inch ginger (sliced)
2 red and green chillies (finely sliced)
1 whole onion (Holland onion, cut into rings)
Carrot (julienned)
Cucumber (julienned)
3 bottles of Yakult Ace Light
Cherry tomatoes
Salt, sugar and seasoning (optional)
1/2 cup of water
Cooking oil

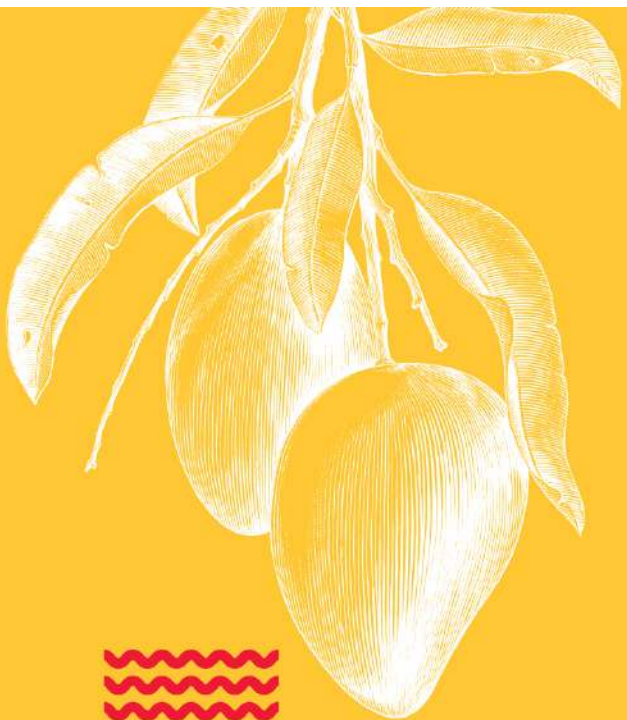
DIRECTIONS

1. Heat some cooking oil in a frying pan. Add shallots and garlic. Stir fry until golden brown to release the fragrance
2. Add in onion, carrot, chillies, cucumber and cherry tomatoes. Stir fry
3. Pour in 3 bottles of Yakult Ace Light, 1/2 cup of water, salt, sugar and seasoning
4. Stir fry and cook to bring the sauce to boil. Put in the fish and cook until well-cooked. Ready to serve.

SOURCES

> Instagram

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YAKULT PRAWN MANGO SALAD

"Kerabu Mangga Udang Yakult"

DIRECTIONS

1. Boil shrimps (make sure not to overcook the shrimps) and put the shrimps in a bowl of ice water. Peel and de-vein the shrimps
2. Wash and peel off the mango skin. Julienne the mango
3. Julienne the capsicum and cut the boiled egg into half
4. Mixed the ingredients and add in Yakult Ace Light, full cream milk, salt, mayonnaise, lime juice and black pepper. Stir all the ingredients until well combined

Tips: Stir the ingredients gently to prevent the boiled egg from breaking.

INGREDIENTS (for 2 servings)

- 1 green mango (medium size)
- 6 shrimps (medium size)
- 1 bottle of Yakult Ace Light
- 1 tablespoon full cream milk
- 1 teaspoon salt
- 1 teaspoon mayonnaise
- Lime juice (optional - for extra sourness)
- Capsicum (optional)
- Boiled egg
- Black pepper for seasoning



SOURCES

> Instagram

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EXTRA LACTOBACILLUS KIMCHI

INGREDIENTS

Vegetables:

½ head of napa cabbage (cut into slices of 1 inch thick)
1 inch of carrot (cut into strips)
3 tablespoon of salt

Kimchi paste:

1 whole onion
2 cloves of garlic
1 inch of ginger
1 bottle of Yakult
1 whole leek (optional)
1 inch of scallion
3 tablespoon of paprika powder (or chili powder)
4 tablespoon of oyster sauce
1 tablespoon of sugar
1 teaspoon of salt



DIRECTIONS

Vegetables:

1. Soak all the vegetables in a large bowl for 3-4 hours
2. Drain and rinse the vegetables with clean water

Kimchi paste:

1. Blend onion, garlics, ginger, leek (bottom part only) and Yakult in a blender. Blend until a paste is formed and put into a bowl

2. Add in paprika powder, soy sauce, salt and sugar. Mix all the ingredients evenly and set aside
3. Cut the leafy parts of the leek. Mix it with cabbage, carrots and scallion
4. Add kimchi paste to the mixed vegetables. Mix until well combined
5. Place the vegetables in an air tight container

SOURCES

> Instagram

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YAKULT NO-BAKE APRICOT CHEESECAKE

INGREDIENTS

Cheesecake crust:

200 g Graham crackers
65 g unsalted butter
35 g sugar

Cheesecake fillings:

400 g cream cheese (room temperature)
40 g fine sugar
400 ml whipped cream
2 tablespoon Yakult Ace
½ teaspoon Vanilla extract
2 teaspoon gelatin
2 ½ tablespoon warm water
200 g apricot puree

For garnishing:

Cream, chocolates, apricot, apricot mousse

SOURCES

> Instagram

www.instagram.com/p/CA0VqiFJ7RB/?igshid=1jy94xrbzec9x

DIRECTIONS

Cheesecake crust:

1. Prepare the crust of cheesecake by mixing Graham cracker crumbs, melted butter and sugar. Stir until well combined
2. Pour the mixture into the mould, press and pack the crumbs firmly. Refrigerate

Cheesecake fillings:

1. Using an electric mixer, beat the cream cheese in a bowl until smooth. Add in whipped cream, Yakult and vanilla extract. Mix until well combined
2. Dissolve gelatin with warm water and add into the mixture. Evenly combine all the ingredients using the mixer
3. Pour the filling on the crust and add the apricot mousse. Finally, refrigerate until firm for around 4 hours
4. Remove cheesecake from the refrigerator. Unclasp the sides of the mould and gently remove the cheesecake
5. Garnish the cheesecake and ready to serve



YAKULT MINION IN MILK DESSERT

*"Bubur Minion
Yakult"*

INGREDIENTS

1 can of
evaporated milk
3 tablespoons
of sweetened
condensed milk
1 bottle of Yakult
1 teaspoon of vanilla
essence

Minions:

2 cups of tapioca flour
1 cup of rice flour
1 tablespoon of sugar
Water
Food colouring

DIRECTIONS

1. Mix evaporated milk, sweetened condensed milk, Yakult and vanilla essence in a bowl. Stir well and keep in a refrigerator
2. Mix tapioca flour, rice flour, sugar and water until dough is formed
3. Add some food colouring and form the dough into your preferred shape
4. Serve the dough with the milk prepared earlier

SOURCES

> Instagram

www.instagram.com/p/CAZ9CvUnqNQ/

