

“The Teen Girls’ Healthy Diets Project from KOBE”

Why We Started This Project



What's Dieting



NEW “KOBE GYMNASTICS”

- **Established in May 1951**
- **Introduced by an Educational Institution in Kobe City**
- **Three times harder than Radio Exercise**

Healthy Dieting

- **Change Your Diet to Something More Thoughtful**
- **Enjoy Moderate Exercise**
- **Snack on Sugar-free and Gluten-free Foods**

Gluten-Free Sticky Buns

with Cocoa

Ingredients (for 5 buns)

- **90 grams rice flour**
- **20 grams cocoa,**
- **5 grams baking powder**
- **130cc soy milk**
- **3 tablespoons sugar**

Recipe

1. **Sift the rice flour, cocoa and baking powder into a bowl and mix well.**
2. **In two parts, add the soy milk to the dry ingredients and mix well.**
3. **Add sugar and mix until all the sugar grains have dissolved. (Smoothness is important)**
4. **Pour the mixture into the ramekins.**
5. **Place the cups in a pan and fill with water to a height of about 1.5 cm.**
6. **Wrap a wet dish towel around the lid and steam over high heat for 10 to 15 minutes. Remove from the heat and it is done.**