



**TOP 3
JAPANESE
SUPERFOODS
FOR
NATURAL
WEIGHT LOSS**

YOSHIKO TAKEUCHI

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HELLO!



I am Yoshiko, originally from Japan and have been teaching cooking for nearly 20 years in both Japan and Australia. I specialize in teaching healthy vegetarian, vegan and gluten-free cooking as well as both traditional and modern Japanese cooking. I am also the international author of “[Cooking with Soy](#)”, “[Japanese Superfoods](#)” and “[Top 3 Japanese Superfoods for Natural Weight Loss](#)”.

I seriously believe “We are what we eat” because I have witnessed this myself. I had terrible skin when I was a teenager until my mid-thirties. I tried everything but nothing worked until I educated myself and changed my diet. Now I have much more self-confidence and energy and I am so glad to be out of my misery. I also have 100% confidence in my health, which is priceless! My doctor told me I might live until 150 years old after my health check up. That is why I am very passionate about health and beauty through foods. You can check out more about my life from [here](#).

Now I am nearly in my mid-40s, biology has taken its toll and I have and found myself the heaviest in my entire life. My dilemma is that I LOVE food very much. I often wonder what I want to eat and what I want to cook... because I LOVE food so much!

Let me tell you what a serious food lover I am... When I was a kid, I would always look at the restaurants' food samples (Most restaurants in Japan would have food samples at the front of the restaurants) and dreamed about eating them... My passion for food led me to work at restaurants on weekends and even Christmas day, doing long hour, shift work that messed with my body clock.... By the way, I don't even like physically tiring work, I just love food!

So for me, boring tasteless meals (that I used to teach in Japan) is not an option. It is not sustainable! And I want to lose weight as easy as possible. I look for the SMART way. I don't want to FAIL AGAIN! I hate the starving feeling (torture!) and I want to wear clothes without hiding secret big belly and feeling ashamed.

HELLO!

Weight loss has been challenging for me. In Japan, I felt under pressure to be thin so I first started dieting at age 13! Since then I have failed miserably many times... I basically ended up putting on even more weight. Then I actually gave up dieting and it was the best decision I made because it was healthy eating that helped me stay slim until my thirties.

When I hit my 40s, I found myself putting on more weight rather than maintaining my usual weight or just putting on a couple of kilos. Constant small weight gain was happening for a while (and never dropped).

It happened because I ate the same amount as when I was younger, but I stopped working at restaurants, standing and sweating in front of the grill all day. I also overcame my phobia of driving so I didn't walk as much as I did before. I enjoy exercise but I did very little when I was writing my book [Japanese superfoods](#) - (real key for Japanese longevity). Luckily I am super passionate about them. You can find out what Japanese superfoods are from [here](#).

During the time I wrote my book, I did serious research and I never studied this hard in my entire life and was very excited to find more fantastic things about Japanese superfoods. At the same time, I was very stressed to meet the deadline and read and write in English. During that time I also ate a lot. I confess I am an emotional eater since my teenage years, and unfortunately I still do it sometimes. I eat when I am happy and unhappy, but when I am in a bad state I eat naughty food. I was also not able to spend much time on exercise because of my busy schedule. So I was the heaviest weight in my entire life after I wrote the book...oops!

HELLO!

Thankfully, I found out that Japanese superfoods contain so many fabulous compounds that are helpful to weight loss. Luckily I already started to eat those Japanese superfoods while writing the book, that is why I didn't put on a lot of weight. That is why I decided to write weight loss book using Japanese superfoods.

But you just can't eat Japanese superfoods without understanding some weight loss principles. It will work, but in conjunction with a healthy lifestyle. Plus I found some great tips to maximize the weight loss effects of Japanese superfoods. Basically, I am showing you smart and easy ways of using Japanese superfoods for weight loss that will work! It certainly worked for me. I wish I knew this a long time ago...

While this free ebook is an introduction so if you would like to have many more recipes and go deeper with weight loss with Japanese superfoods, please grab [Top 3 Japanese Superfoods for Natural Weight Loss](#). While these are just a few Japanese superfoods for weight loss, if you want to go deeper and discover the incredible power of Japanese superfoods and make even more lasting changes for your health benefit, grab a copy of my book [Japanese Superfoods](#) as well! We offer combo deal so if you want to master Japanese superfoods, please grab two books from [here](#).

You can also find lots of easy, yummy recipes using Japanese superfoods in [Cooking with Soy](#). In addition, you can [join the waitlist](#) and be notified when my online natural weight loss with Japanese superfoods program is released. The best ways to connect with me are on my [website](#), my [blog](#) and video posts on my [YouTube](#) channel, or on [Facebook](#), [Instagram](#) and [Twitter](#).

Happy cooking for health and beauty!

Yoshiko Takeuchi

1 Konnyaku (Konjac)



1 Konnyaku (Konjac)

Konnyaku (aka konjac) is a traditional Japanese jelly-like food, made from an ancient root vegetable called Konnyaku potato. Although it is not really a member of the tuber family, in Japan it is colloquially referred to as a potato, but it is actually the corm (underground plant stem) of the Konjac plant.

Konnyaku was originally introduced to Japan as a medicine in the sixth century and has been eaten for almost 1500 years in Japan.

Konnyaku has been a dietary staple in Japan since then and is called the “broom of the stomach” because of its ability to clean out the intestines.

In western countries, it is also known as a miracle diet food since it is significantly low in calories and also a rich source of the unique fibre Glucomannan, which greatly expands in your stomach to make you feel full.

Konnyaku is great for:

- Weight loss
- Digestive health
- Heart health (lower cholesterol and blood pressure)
- Skin health
- Healthy bone
- Immune boost
- Regulate blood sugar level
- Overall health
- Detox

2 Matcha green tea



2 Matcha green tea

Matcha is a bright, green tea powder traditionally used for tea ceremonies. It is the product of finely milled dried tencha.

Tencha is a special whole green tea leaf that is kept shaded for 20 days before harvesting. This process increases the amount of L-Theanine, which is responsible for increased mental clarity and focus. It also contains chlorophyll, which gives the leaves more detox power and a clear resonating note of the most unique of all: umami.

Matcha has more nutrients and health benefits than regular green tea because the entire leaf is consumed and goes through a special process. For example, matcha contains about 10 times as many antioxidants as regularly brewed green tea, and its health benefits make it one of the most potent superfoods in the world.

Matcha is great for:

- Weight loss
- Heart health (lower cholesterol and blood pressure)
- Skin health
- Healthy bone
- Immune boost
- Regulate blood sugar level
- Stress
- Mouth health
- Overall health
- Detox
- Anti-aging

3 Wakame



3 Wakame

Wakame is a type of edible seaweed that has curly leaves, and is dark green or brown in colour. It is one of the most popular seaweed in Japan. It has a mild flavor and soft texture which is perfect for its common use in salads and soup. Wakame has been eaten by the Japanese for millennia and is cultivated annually. It can be purchased either dried or fresh, although the dried type is the most common. They are sold in pieces or flakes. Dried wakame expands when it's reconstituted either by soaking in water for a few minutes or adding directly to a soup.

Wakame is great for:

- Weight loss
- Digestive health
- Heart health (lower cholesterol and blood pressure)
- Skin and hair health
- Healthy blood flow
- Healthy bone
- Immune boost
- Anti-aging
- Overall health
- Anti-inflammatory
- Balance blood sugar level
- Detox

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

**ARE YOU FRUSTRATED WITH YOUR WEIGHT?
FEEL EMBARRASSED OR SHAMED BEING SEEN IN A BATHING SUIT?
WORRIED ABOUT GETTING HEALTH PROBLEMS OR ALREADY HAVE ONE?**

Then the chances are that losing an extra 5 to 10kg with Japanese superfoods would make a huge difference in your life. People try strict diet plans, starvation diets to lose weight fast. Sorry to disappoint you but DIET DOESN'T WORK....really. I'm not even going to waste my time proving it; please just google recent studies on diet success and let's get on with it.

I've seen women willing to sacrifice just about anything to lose weight – even their health and well-being. Many women don't really believe that there is a solution for them that doesn't involve suffering or a magical pill. Yes, you can lose weight the natural way! Research indicates that your 'weight worries' will never end until you understand what makes permanent weight loss possible and achievable.

I will show you how!

I also share 5 powerful tips to permanent and achievable weight loss without extreme diet and starving yourself that should help you lose weight fast and get you to your ideal weight, health and younger look automatically at the same time! Would you like that?

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

• TIP 1 INCREASE YOUR METABOLISM WITH FAT-BURNING FOODS

Do you know you can burn calories while you eat? Fat burning foods are called “thermogenic” food. Thermogenic foods are the foods have a very high thermogenic effect, and they are a part of the secret to keeping your fat levels in check

The thermogenic foods help increase metabolism and calorie burning by enhancing thermogenesis, a process in which the body burns calories to utilize the foods you have just eaten, converting those calories to heat. Your body mainly burns calories consumed through maintaining its regular metabolic functions and through physical activity; about 10 percent, of calories, are burned through diet-induced thermogenesis. Introducing fat burning foods into your diet is a definitely helpful to your weight loss journey!

FANTASTIC FOOD FOR TIP 1

• WAKAME

• MATCHA

WHY MATCHA GREENTEA?

Matcha is a Thermogenic food and helps to burn extra calories and promote fat burning. A 1999 study featured in the American Journal of Clinical Nutrition found that consuming matcha green tea can increase thermogenesis from 8-10% to 35-43% of daily energy expenditure. Studies indicated that the combined effect of green tea extract rich in catechins, and caffeine (which both increase thermogenesis) could increase energy expenditure and fat oxidation.

A long-term study indicated that men who drank green tea (690 mg total catechins/ day 136 mg of which was EGCG, similar to what you'd find in 4g or 2tsp of matcha), had two times greater weight loss and fat loss than a placebo group. EGCG can increase fat breakdown and at the same time block the formation of fat cells

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

WHY WAKAME?

Wakame contains a thermogenic compound called fucoxanthin which has tremendous fat burning effects and prevents fat absorption. Fucoxanthin is a carotenoid that is found in only brown seaweeds like wakame, konbu(kelp), hijiki and arame. Wakame has one of the highest concentrations of naturally occurring fucoxanthin among all brown seaweeds.

Even better, Japanese research indicated that fucoxanthin might be particularly useful in reducing abdominal fat.

Fucoxanthin is often used in diet and weight loss supplements because of its ability to aid in fat loss, however, I highly recommend to take Fucoxanthin from actual wakame rather than from supplement since wakame also contains one of the broadest range of minerals of any foods that contribute your health and beauty and extremely low in calories and make you fuller longer. Weight loss or fucoxanthin's fat burning effects work better in combination with other nutrients such as iodine and various fibres that are present in wakame.

• TIP 2

EAT ALKALINE FOODS, LIMIT ACIDIC FOODS

Many of us learned about pH in school but what most people don't learn is how important pH is to your health and weight loss! The optimal blood pH level is between 7.2-7.4 or slightly alkaline. If the pH of the blood drops below 7.0, and into the acid zone, YOU DIE!

What We Eat and Drink Determines Body pH. When you drink acidic liquids and foods, you throw off this PH balance. So your body will do whatever it must maintain its PH balance. So, to save your life, one of the first things your body will do is to produce fat cells to carry acids away from your blood and vital organs. So fat is actually saving your life, as it is a response to dangerous acid levels.

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

Our standard modern diet or a typical western diet is loaded with acid producing products which are far too low in alkaline-producing properties to neutralize those acids and keep your healthy pH balance. What are acidic foods? The highest one is soft drinks and energy drinks. Most animal products, alcohol, dairy products, wheat products like bread and pasta, rice and drinks contain caffeine....

Oh, not to mention junk foods and processed foods with chemicals. Acidic pH can occur not only from an acid forming diet but also emotional stress, toxic overload or immune reactions. We are producing acids all the time just by existing, and if additionally, we start eating and drinking acid-forming foods and drinks, you are destined to be overweight and suffer from diseases. We really need to have plenty of alkalizing foods to be healthy and keep the healthy weight.

FANTASTIC FOOD FOR TIP 2

• KONNYAKU

• WAKAME

• MATCHA

The great news is that almost all Japanese superfoods are alkalizing. These three Japanese superfoods, Konnyaku, Wakame and Matcha green tea, are not just alkaline foods, they are categorized as the most alkaline foods! They can help your body neutralize the acidic foods you eat - big time!

Konnyaku is the most alkaline food I have ever known (pH 12). All seaweeds including wakame (without seasoning with nasty MSG!) are quite high as well. All drinks contain caffeine are acidic, and Matcha does contain caffeine. However, Matcha is so incredibly high in chlorophyll; it is an alkaline superfood. Konnyaku wakame and matcha green tea are extremely low-calorie food as well! Aren't they just fabulous?!

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

• TIP 3

BE AWARE THE UNDERACTIVE THYROID

Do you know that an estimated 30 million Americans fail to lose weight because of thyroid problems, not because of a lack of willpower or discipline?

Weight Loss is regulated by the Thyroid. The thyroid gland is the primary regulator of your body's metabolism. If it does not function properly, people can have weight loss as well as weight gaining issues. It plays a distinct role in maintaining body temperature, can adjust the metabolic rate of every cell. An underactive thyroid can't regulate your body's rate of metabolism, and you become overweight even if you only eat a little food.

Weight loss programs of any kind can be either unreliable or downright impossible when a healthy thyroid is not available to regulate the weight at the desired level. Some endocrinologists believe that one in four women have an underactive or overactive thyroid. One reason may be because women's thyroid glands are twice as large as those in men, creating a greater need for iodine. When we're under stress, our thyroids become even greater and more active, causing us to need even more. However, iodine is one of the most common nutrient deficiencies in the world. This recent epidemic of thyroid problems appears to be due to a decline in dietary iodine.

Iodine insufficiency goes far beyond weight loss problem. Researchers are finding that women with extremely low iodine concentrations are at a higher risk for breast cancer. Conversely, getting sufficient iodine seems to protect against this disease, so obtaining iodine through the food supply is, therefore, paramount.

FANTASTIC FOOD FOR TIP 3



5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

WHY WAKAME?

Seaweeds are the most common naturally occurring iodine-rich foods. Iodine content of seaweeds is incomparable with vegetables. The available amounts of the iodine in seaweeds may vary depending on the variety, season, and the area of production.

Brown seaweeds have been recognized as the best source of the iodine and wakame is one of those brown seaweeds. While Konbu (kelp) contains the highest amount of iodine among all brown seaweeds, it is more for making stock rather than eating in a significant volume. If you eat large amounts of Konbu, it is actually easy to go over the daily intake limit - that tells you how high the iodine content is in kelp (Japanese basic stock is made from kelp, and we do consume sufficient iodine because of that. Plus we do eat quite a few types of seaweed daily. Japanese people's iodine daily limit is about three times higher than people in Western countries *). Wakame is one of the easiest seaweeds to shop for and add to meals like soups and salads. It is quite filling compared to kelp, so I think Wakame is a better option for your weight loss.

*DIETARY INTAKE OF IODINE

Iodine is beneficial to thyroid health, however too much can be harmful.

The upper level of intake of iodine for the average adult in Japan is 3000 μ g, however, other Western countries (AUS/NZ/USA) level is much lower, about 1/3 of a level, which is 1100 μ g.

Examples of maximum consumption of iodine a day:

1100 μ g

Nori: about 18g = 7 pieces

Wakame: about 15g (dried weight)

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

TIP 4

GET CONTROL OF YOUR BLOOD SUGAR LEVEL

Do you know regulating your blood sugar is VERY IMPORTANT for weight-loss? Blood sugar levels can affect how hungry and energetic we feel. Blood sugar level also determines whether we burn fat or store it!

Our blood sugar level is the amount of glucose from what we eat. Our pancreas creates a hormone, called insulin, which transports glucose into our body's cells where it is used for energy. When we are getting too much glucose by eating sugars, refined grains, or other carbohydrate-rich foods lacking fibre, it leads to high blood-sugar levels, which our body can't break down and stores as fat. Now, insulin is the fat storage hormone! The more glucose in your blood, the more insulin you produce.

An insulin surge causes too much blood sugar to be transported out of our blood and this results in our blood sugar and insulin levels dropping below normal. This leaves us feeling tired and lethargic and wanting to eat more. The unfortunate result of this scenario is we want to eat something else with high sugar content. When we do, the cycle begins all over again.

When our body does not use the glucose in our blood, then it will be stored as fat. That is bad news enough, but it can be even worse. Too much insulin hinders the body's ability to breakdown fat that has already been stored. However, not getting enough sugar can also lead to putting on extra kilos! Eating too little glucose can lead to a low blood sugar level, causing your body to go into "starvation mode" where it burns your lean muscle instead of the fat. So cutting carbohydrate completely isn't our answer. Now is the time to consider the effect of what you eat on your blood sugar levels.

FANTASTIC FOOD FOR TIP 4

• KONNYAKU

• WAKAME

• MATCHA

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

WHY KONNYAKU?

Konnyaku contains dietary fibre called glucomannan. Glucomannan plays a role in lowering blood sugar level. Its bulk-forming property delays stomach emptying, causing slower absorption of sugar and reduces blood sugar level. This effect is particularly helpful after a meal, which can lessen the elevation of blood sugar levels.

If you are carb craver but also keen to maintain balanced blood sugar without spikes, konnyaku is a natural option while you can still keep the joy of eating. As it contains almost no calories or sugar, it is a great substitute for carbohydrate foods such as rice, noodles, and pasta in meals or simply eat with carbohydrate rich food.

WHY MATCHA GREEN TEA?

It has been shown that the polysaccharides in Matcha green tea have the same ability to regulate blood sugar as insulin. The polysaccharides in Matcha absorb glucose and can thus reduce blood sugar levels in the blood.

The polyphenols present in matcha green tea also play a role in lowering our blood sugar level.

Starch in any form is converted into sugar, and this is done with the help of an enzyme called amylase. The polyphenols in green tea extract reduce the amount of amylase produced, which means the blood sugar level also decreased.

WHY WAKAME?

Wakame contains fantastic dietary fibres that help to lower the blood sugar level. They are actually polysaccharides; fucoidan and alginic acids. They are gel like substance that only found in brown seaweed such as wakame and act as natural dietary fibre since they are not digested in the upper digestive tract. As a soluble fibre, fucoidan and alginic acid act as a carbohydrate that does not raise blood sugar. It can help delay feelings of hunger while avoiding the sugar spikes. In vitro studies have shown that soluble fibres in seaweed can lower blood glucose. Wakame also contains a carotenoid called Fucoxanthin that helps reduction and control of blood sugar and insulin levels

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

TIP 5

SATISFY YOUR CRAVING WISELY

If you had to fight your cravings along the way, every minute of every hour of every day, how fruitful and easy do you think you would be in your weight loss journey? I bet it is terribly hard and not too successful. Eating fibre rich, nourishing and satisfying meals that make us feel fuller for longer is essential. I don't like counting calories but Japanese superfoods are low in calories but it is always a great help to include low-calorie foods in our meal.

Plus having a natural hunger suppressor is a great bonus.

FANTASTIC FOOD FOR TIP 5



WHY KONNYAKU?

Glucomannan, the amazing dietary fibre in Konnyaku promotes the feeling of fullness and is thought to prolong gastric emptying time, contributing to a sensation of feeling of full for longer.

Glucomannan is a super absorbent agent that acts like a sponge when dissolved in water. 1g glucomannan can absorb up to 200 ml of water and can readily absorb enough water to swell and produce a bulking agent. Also, and possibly surprisingly, glucomannan can swell up to 100 times of its volume in water. In contrast, wheat fibre can only swell up to 10 times of its volume in water. This strong swelling property in the stomach as produced by glucomannan can increase fullness in the stomach and help you to eat less, but also leaves you feeling satisfied without feeling hungry.

Konnyaku also contains extremely low calories. It is often described as the “zero-calories food”, and usually contains only about 3 to 7 calories per 100g of white konnyaku. I am not a big fan of counting calories, but low-calorie food does help for weight loss.

5 tips to PERMANENT & ACHIEVABLE weight loss without extreme diet!

WHY WAKAME?

Wakame is rich in dietary fibre and low in calories. It makes us feel fuller quickly and to reduce the appetite dramatically for further eating. Plus, most of the dietary fibre in wakame is not taken up by the human body and provides a low caloric value to the diet. 100g wakame has only 45 calories. In addition, this soluble fibre forms a viscous mass in the gut and traps digestive enzymes and some other nutrients, slowing down the digestion of the food and the absorption of nutrients in the intestine.

WHY MATCHA GREEN TEA?

Matcha can help to control your hunger and cravings. EGCG in Matcha boosts the level of cholecystokinin (CCK), a gut hormone which is released in response to eating and recognized as an appetite suppressant.

Hope you get to know some of the power of Japanese superfoods from this.

There are many more health benefits of wakame, konnyaku, and matcha! I bet you will be amazed how fabulous they are after knowing all their benefits. The more you know, the more you want to eat, which happened to me when I did serious research on Japanese superfoods for my book.

And there are many more fantastic Japanese superfoods I want you to know as well. To get to know more about them, grab your copy of [Japanese superfoods cookbook](#) which covers 20 Japanese superfoods with EASY AND YUMMY RECIPES and TIPS to MAXIMISE THE BENEFITS of them, or let's stay in touch so we can continue to learn and grow together!

There are many more health benefits of wakame, konnyaku, and matcha! I bet you will be amazed how fabulous they are after knowing all their benefits. The more you know, the more you want to eat, which happened to me when I did serious research on Japanese superfoods for my book. Grab full version of "[Top3 Japanese Superfoods for Natural Weight Loss](#)" for more detail and recipes!

Creamy Shiroae



A note about measurements

1 teaspoon = 5ml (1/8 fl oz)

1 table spoon = 20ml (2/3 fl oz)

1 cup = 250ml (9 fl oz)

Creamy Shiroae

from [Cooking with Soy](#)

Serves 4 to 5

Ingredients

1 bunch spinach
1/2 (50g) carrot
Half sheet konnyaku
2tsp soy sauce

Sesame dressing

1/2 (150g) silken tofu
2 tbsp hulled Tahini
2 tsp unrefined sugar
1 tbsp miso
Pinch of salt

Method

1. Drain the tofu by leaving for 2hour or boil for 5 mins and leave.
2. Wash the spinach and separate the stalks and leaves.
3. Place stalk of spinach in a sauce pan of boiling water and cook for 30 seconds, add the leaves and cook for 30 seconds ,then drain and squeeze any excess liquid from spinach. Chop into bite size. Pour soy sauce over spinach and toss well.
4. Shred the carrot and boil for 30 second. Slice the konnyaku and boil for 2 minutes and drain.
5. To make aegoromo, place the tofu, Tahini, sugar, soy sauce miso and salt in a food processor and process.
6. Place spinach, carrot, konnyaku and dressing, then toss well.

Konnyaku Carpaccio



A note about measurements

1 teaspoon = 5ml (1/8 fl oz)

1 table spoon = 20ml (2/3 fl oz)

1 cup = 250ml (9 fl oz)

Konnyaku Carpaccio

from [Japanese Superfoods](#)

Serves 4

This is very refreshing entree. Bright colour sauce with thinly sliced konnyaku is easy to impress your guests! Not big fan of konnyaku chewy texture? If you marinate the day before, the konnyaku chewy texture will disappear.

Ingredients

250g (9oz) white konnyaku (1 sheet), thinly sliced or you can use konnyaku lasagna sheet

1 red capsicum (about 270g/9.5oz), remove seeds and roughly chopped

1.5 tbsp rice vinegar or lemon juice

1 tbsp maple syrup or other sweetener

1 tbsp extra virgin olive oil

2 tsp salt

Chopped your favourite fresh herb like parsley, oregano or basil

Method

1. Cook the sliced konnyaku with boiling water for 5 minutes. If you are using konnyaku lasagna sheets, just rinse or follow the instruction from the packet.
2. Drain and set aside (this will remove water from konnyaku and remove the smell. It also helps to absorb the flavour of the marinade).
3. Place all the ingredients in a food processor and process until well mixed. It doesn't need to be totally smooth.
4. Marinate konnyaku with the mixture. Leave at least for 1 hour.
5. Arrange the konnyaku on a plate and sprinkle chopped herbs.

Tips

It is also nice to serve with baby salad leaves.

Green Tea Soy Custard



A note about measurements

1 teaspoon = 5ml (1/8 fl oz)

1 table spoon = 20ml (2/3 fl oz)

1 cup = 250ml (9 fl oz)

Green Tea Soy Custard

from [Cooking with Soy](#)

Serves 4 to 5

Ingredients

Green tea mixture

1 tbsp unrefined sugar
2 tsp green tea powder
1 tbsp warm water

Mixture

1/4 tsp agar powder
1 tbsp unrefined sugar
350ml soymilk
1 egg yolk*

Black syrup

30g unrefined brown sugar
25ml water

Method

1. Soak agar in 250ml of soymilk for two hours if you use agar flake
2. To make green tea mixture, place green tea and sugar in a small bowl and mix well. Add the warm water slowly to mix. Set aside.
3. Place the soymilk with agar soaked in a small pot and add sugar and mix well. Heat it over medium heat until boiling. Allow the mixture to simmer for 2 minutes.
4. Stand the mixture for 5 minutes to cool down.
5. Place the egg yolk and 100cc soymilk in a bowl and mix well. Add it to the cooked mixture to mix then add the green tea mixture. Strain the mixture through a fine strainer.
6. Pour mixture into 5 small cups. Refrigerate for 1 hour or until set.
7. To make black syrup, place the brown sugar and water in a small pan and heat over medium heat and bring to boil. Reduce the heat to low heat and simmer for one minute. Cool down and refrigerate.

Tips

NOT ALL THE AGAR IS THE SAME!!!! If you use agar powder, please use 1/4tsp (concentrated Thai agar, or other south East Asian agar) or 1/2 tsp (Japanese agar powder) 1 tsp agar flake or agar stick or bar. Agar powder do not need to pre soak like agar flake or agar bar (traditional Japanese one)

VEGAN cooking option

Simply omit the egg yolk. Trust me, it is still nice. Or you can use 100ml condensed soymilk and 600ml soymilk instead of 700ml soymilk. Since condensed soymilk add extra sweetness, please omit 1tbsp sugar when you boil the soymilk.

Green Tea Smoothie Bowl



A note about measurements

1 teaspoon = 5ml (1/8 fl oz)

1 table spoon = 20ml (2/3 fl oz)

1 cup = 250ml (9 fl oz)

Green Tea Smoothie Bowl (JSF)

from [Japanese Superfoods](#)

Serves 1-2

Super charge yourself with this smoothie bowl filled with superfoods that give you energy, nutrition and....beauty!

Ingredients

2 tsp white chia seeds

1 medium banana (120g/4oz)

250ml (8fl oz) soy milk

1 tbsp amazake

Small handful (10g/1 oz) baby spinach

1 heaped tsp green tea matcha powder

Method

1. Soak chia seeds for minimum 10 minutes.
2. Combine all ingredients in blender. Blend until smooth.
3. Pour in to bowl and serve with favourite fresh fruits or dried fruits and nuts.

Garnish

Use your favourite fruits, for this recipe I used banana, strawberries, blueberries and desiccated coconut.

Tofu & Wakame Salad with Japanese Sesame Dressing



A note about measurements

1 teaspoon = 5ml (1/8 fl oz)

1 table spoon = 20ml (2/3 fl oz)

1 cup = 250ml (9 fl oz)

Tofu & Wakame Salad with Japanese Sesame Dressing

from [Cooking with Soy](#)

Serves 4

Ingredients

1 packet (300g) silken tofu	2 tablespoons white sesame
200g green salad mix	2 tablespoons onion, roughly chopped
2 tablespoons dried wakame	2 tablespoons carrot, roughly chopped
1/2 tsp sesame oil	1 small clove garlic, grated finely
Pinch of salt	1/2 cup neutral oil
<i>Sesame dressing</i>	2 TBSP brown rice vinegar or rice vinegar
	60ml soy sauce
	1 tbsp unrefined sugar

Method

1. Leave silken tofu on a plate or strainer for half an hour to drain naturally.
2. To make a dressing, chop onion and carrot in small pieces.
3. To prepare the sesame for dressing, toast the white sesame seeds in a dry frying pan on medium heat until golden. Cool down and grind. (Keep one teaspoon sesame for wakame)
4. Place the rest of the sesame, chopped onion, carrot, oil, vinegar, soy sauce and sugar in a blender and blend well.
5. To prepare the wakame, place wakame in warm water until reconstituted and drain. If there is any stalk of wakame, remove it then the wakame into small pieces.
6. Heat a frying pan and place sesame oil, wakame and fry. Add one teaspoon of roasted and ground sesame and pinch of salt. Set aside.
7. To arrange the wakame around the green then pour dressing over the salad

Creamy Wakame Sauce



A note about measurements

1 teaspoon = 5ml (1/8 fl oz)

1 table spoon = 20ml (2/3 fl oz)

1 cup = 250ml (9 fl oz)

Creamy Wakame Sauce

from [Japanese Superfoods](#)

A fabulous way to eat wakame. I love putting this on fresh, grilled, baked or steamed veggies, udon noodles and rice. We also found out it goes well with oven baked chips during photo shooting of this book. If you are non-vegetarian, This alkaline sauce is a great neutraliser to eat with white fish and chicken since they are acidic food.

Ingredients

80g (3oz) Wakame (soaked with water and squeezed after getting soft)
3 tbsp olive oil
2 tsp lemon juice
1 tsp salt
4 tbsp soy milk

Method

1. Place all the ingredients in a food processor and process until smooth.

Memo

Wakame's saltiness varies brand to brand. Please adjust the amount of salt to your liking.

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LET'S STAY IN TOUCH

Fabulous to meet you and I can't wait to connect with you more. Below is a list of where we can continue to learn and grow together:



My website: www.cookingwithyoshiko.com

Here is where you can find out everything... about my cooking classes, online courses, social medias and blogs



My blogs: I write about Japanese superfoods, recipes and cooking tips and more here!



My Instagram pics: Take a look inside my life! Mostly relating to food and cooking...



My Youtube channel: Check out videos about Japanese superfoods, health and cooking



My Facebook community: This is where I hang out the most and post healthy recipes, tips, photos, upcoming events, and news.



My tweets: Catch my news flashes.



Thank you!
xoxoxo