



✨ KOREAN WELL-BINGSU, FUNCTIONAL SUGAR FREE DESSERT

Ingredients for Korean Well-Bingsu

2 cups shaved ice (made with coconut water if possible)

½ cup soft, lightly sweetened red beans

½ cup mango cubes

½ cup kiwi slices

½ cup strawberries, sliced

1 tablespoon chia seeds

1 tablespoon pumpkin seeds

Drizzle of oat or almond milk



Optional: a small handful of walnuts or almonds for extra crunch

Optional: freeze-dried berry mix to boost antioxidants when fresh fruit isn't available



✨ KOREAN WELL-BINGSU, RECIPE & INSTRUCTIONS

Making Korean Well-Bingsu at home is simple—and when you build it step by step, each layer adds both flavor and functional benefits:

1. Start with shaved ice made from coconut water.
2. This gives you a refreshing base while boosting hydration with natural electrolytes.
3. Add a generous layer of soft, creamy red beans.
4. Unlike syrups or condensed milk, red beans bring plant-based protein and slow-release carbs for steady energy.
5. Top with colorful fruits like mango, kiwi, and strawberries.
6. These antioxidant-rich fruits add natural sweetness, vitamin C, and anti-inflammatory power.
7. Sprinkle chia and pumpkin seeds.
8. They deliver fiber, omega-3s, magnesium, and zinc—making the dessert more nourishing than a typical ice treat.
9. Finish with a drizzle of oat milk.
10. It ties everything together with a creamy texture and gut-friendly beta-glucans.

Serve immediately, and enjoy a bowl that cools your body while fueling your health.