

## **Almond Horchata Tapioca Pudding**

Recipe by: Chef Valeria Molinelli, C.E.C.

Yield: 4 servings

### **Ingredients:**

1/3 cup white rice, ground  
1 cup warm water  
1 ¾ cup almond milk  
1/3 cup small tapioca pearls  
1 cinnamon stick  
¼ cup granulated sugar  
1 cup passion fruit juice  
1 lime, juiced and zested  
8 mint leaves, chiffonade  
2 tablespoons almonds, sliced and lightly toasted

### **Method of Preparation:**

1. In a food processor, grind the rice finely. Soak in warm water for at least 4 hours or overnight.
2. Puree in a blender and strain. The result will be rice milk
3. In a small saucepan, combine strained rice milk with almond milk. Add tapioca pearls and soak for 30 minutes.
4. When soaking time has finished, add the cinnamon stick and sugar to the tapioca. Bring to a simmer and cook gently until thickened and tapioca pearls are translucent, about 25 minutes.
5. Meanwhile, in another small saucepan, heat the passion fruit juice with the lime zest and juice until it reaches a syrupy texture.
6. Divide the tapioca pudding into 4 glasses and drizzle some of passion fruit syrup over the top. Garnish with mint leaves and almonds.

#### **Nutritional Analysis:**

Calories: 220  
Carbohydrates: 49 g  
Sodium: 65 mg  
Protein: 2 g  
Fat: 1.5 g  
Fiber: 1 g