

# Natural Health Center

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## Tapioca Pudding

Fluffy, textured and oh so creamy. Tapioca pudding is easier than you ever thought! A tasty edition to summer picnics and a wonderful early evening dessert on the patio. As usual, I recommend that you make this with goat milk as the creamy results will impress you. We often make this with baked Long Johns (recipe later) and serve them with this pudding. Served with fresh fruit or alone, you'll be enjoying this pudding and its homemade taste any time of the year.

### Tapioca Pudding

*Serves 8 at 130 calories per serving.*

1/2 cup pearl tapioca

3/4 cup water

2 1/4 cup milk (goat!)

2 eggs, separated

1/3 cup agave syrup

1/2 tsp kosher salt

1tsp kosher salt

- Soak tapioca and water in the saucepan you'll be cooking it in for 30 minutes on the counter
- Separate the eggs and place the egg whites in a non stainless steel bowl (glass or copper work best)
- Add the milk, egg yolks and salt and place on burner over medium high heat.
- Stir with whisk and continue to stir until it starts to simmer. Cook for 5 minutes.
- Meanwhile, add the agave to the egg whites and beat with electric whisk/mixer until soft peak forms.\*
- Temper the beaten egg whites by adding some of the cooked milk mixture and fold with a spatula
- Add the tempered mix back into the saucepan and cook over medium low heat while gently folding with a spatula until fully incorporated, about 2-3 minute
- Take off of heat and let rest 15 minutes before adding in the vanilla extract, folding again to incorporate.
- Serve warm for a fun treat and refrigerate the rest for later.

\* Soft peak will be when the egg whites start to look creamy and have a light, glossy appearance. You will stop the beater and pull the beater whisks up to see if a 'soft peak' forms. The egg whites will not be watery at this stage and will hold their shape very lightly. \*

For more recipes and tips on healthy cooking visit [www.essentialgrain.com](http://www.essentialgrain.com).

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