



Almond Tapioca With Banana and Corn

Makes 16 servings

Ingredients

8 cups unsweetened almond milk
1/3 cup tapioca pearls
3 tablespoons palm sugar or agave nectar
1/2 teaspoon low-sodium salt

2 ripe bananas (peeled and chopped)
1 cup fresh or frozen sweet yellow corn kernels
Toasted sesame seeds to garnish

Instructions

1. In a large pot, add the almond milk, and bring to a boil over high heat. Reduce heat to medium-low and add the tapioca pearls, stirring continuously to keep them separated. Add the palm sugar and salt, and continue to cook until the pearls become fully transparent, about 30 minutes.
2. Turn off the heat, and stir in the bananas and corn. Serve garnished with toasted sesame seeds.

Nutrition Facts

Serving size: 1/2 cup; calories per serving: 60; fat: 2g; saturated fat: 0g; cholesterol: 0mg; sodium: 115mg; carbohydrates: 12g; dietary fiber: 1g; protein: 1g; sugars: 5g

Source: www.diabetesfoodhub.org

