

Puerto Rican Crema De Farina (Cream of Wheat)

Yield: 5 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/farina-puerto-rican-recipe>

Ingredients:

- 2 cups milk
- 2 cups water
- 3 cinnamon sticks
- 1 star anise
- 2 whole cloves
- 1 teaspoon vanilla extract
- 1/3 cup agave nectar or honey, plus more for serving
- 1/2 teaspoon salt
- 1 1/4 cups farina
- 2 tablespoons unsalted butter plus more for serving
- 2 cups milk
- 2 cups water
- 3 cinnamon sticks
- 1 star anise
- 2 whole cloves
- 1 teaspoon vanilla extract
- 1/3 cup agave nectar or honey plus more for serving
- 1/2 teaspoon salt
- 1 1/4 cups farina
- 2 tablespoons unsalted butter plus more for serving

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 45 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams

6. Protein: 20 grams
 7. SaturatedFat: 8 grams
 8. Sodium: 630 milligrams
 9. Sugar: 13 grams
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