

Horchata

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/horchata-puerto-rico-recipe>

Ingredients:

- 2/3 cup brown rice or long grain white, dry/uncooked
- 1 1/4 cups blanched almonds
- 3 inches cinnamon stick piece of
- 4 1/2 cups water divided
- 1/2 cup light agave nectar to taste

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 65 grams
3. Fat: 24 grams
4. Fiber: 6 grams
5. Protein: 13 grams
6. SaturatedFat: 2 grams
7. Sodium: 25 milligrams
8. Sugar: 34 grams

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