

Mexican Atole

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexican-atole-recipe>

Ingredients:

- 1/2 cup masa harina not cornmeal
- 3 cups water
- 1 cup milk 2% or whole
- 4 tablespoons piloncillo grated, or brown sugar, more if desired
- 1 teaspoon canela
- 1 teaspoon pure vanilla extract

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 55 milligrams
9. Sugar: 11 grams

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