

Atole de Pinole

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 cup milk
- 1/4 cup corn blue, pinole
- 1 tablespoon honey
- cinnamon Small piece Mexican
- 1 pinch kosher salt

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 120 milligrams
9. Sugar: 8 grams

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