

Tapioca Pudding

Yield: 5 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-tapioca-pudding-recipe>

Ingredients:

- 3 cups organic milk divided
- 1/3 cup small pearl tapioca
- 2 large egg yolks extra-, lightly beaten
- 1/4 teaspoon fine grain sea salt
- 1/3 cup sugar
- 1 vanilla bean split along the length, or 1 teaspoon vanilla extract

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 100 milligrams
4. Fat: 5 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 230 milligrams
8. Sugar: 23 grams

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