

Tapioca Soy Pudding

Gluten Free, Dairy Free and Low salicylate and Amine

Ingredients:

- 2 cups calcium fortified soy milk
- 150g tapioca balls
- 2 x 350ml water + 1 Tbsp
- ¼ cup pure maple syrup
- 2 tsp vanilla extract
- 2 tsp arrowroot
- ¼ tsp salt



Method:

- Place the tapioca and 350ml of water in a bowl, cover and let the pearls soak for 2 hours
- Place a medium saucepan on the stove and add another 350ml water plus the all of the soy milk. Bring this to just under boiling
- Add the tapioca, maple syrup, salt and tapioca pearl mixture and stir well
- Lower the heat and simmer the mixture for about 10 minutes, stirring constantly
- The pearls will become translucent and soft
- In a small cup combine the 1 tblsp of water with the arrowroot and then add it to the tapioca pearls
- Stir constantly for another 5 minutes
- Transfer to a large bowl or 2 school snack containers or individual serving glasses
- Allow it to cool and then place it in the fridge for at least 4 hours before serving.
- Place in the refrigerator

SERVING SUGGESTIONS:

- It can be served cold with pears, cashews or custard
 - (Orgran has a custard powder that is suitable for the elimination diet and it is gluten and dairy free)
- Set it in small tubs so it can be transported to work or school as a snack