

Green Tea Tapioca Pudding

Allergens: Dairy*, Caffeine



What You'll Need

- Green tea bags
- Skim milk*
- Sugar
- Tapioca pearls

Instructions

1. In a pot, heat 2 cups of skim milk over medium heat until hot.
2. Add two green tea bags. Remove from heat and steep for 20 minutes.
3. Remove tea bags and add 1 ½ ounces of tapioca pearls. Bring to a simmer for 45 minutes or until a nice creamy texture and the tapioca pearls are tender.
4. Add 1.5 ounces of sugar. Stir gently until the sugar is completely dissolved.
5. Remove from heat and refrigerate for a few hours, allowing the pudding to settle until ready to serve.

* To make this recipe plant-based and vegan, substitute skim milk with almond milk and confirm that the sugar and tapioca pearls are free from non-vegan processing methods or allergens.