



Mango Tapioca Pudding

{ *gluten-free, vegan, dairy-free, paleo, refined sugar free* }

Recipe makes 4-6 servings (4 cups of pudding)

MAKE AHEAD + NOTES:

- **Tips for cooking tapioca pearls:**
 - **How long to cook:** There is a small window when the tapioca pearls are perfectly cooked, before they can quickly become mushy and goopy so keep a close eye when cooking them.
 - **What to look for:** Use the recipe time as a guideline, making sure to rely mostly on visual cue for doneness. That is, when pearls are mostly translucent with a pin-dot of opaque remaining in the center. They will continue to cook through in the residual heat as the mixture cools. They will not all look equally cooked through, even with constant stirring, so just look for this doneness in the majority of the pearls.
- **Sweetness level:** The base amount of sugar (or maple syrup) as written is $\frac{1}{4}$ cup but you may add up to another $\frac{1}{4}$ cup for a full $\frac{1}{2}$ cup of sugar or maple syrup. I am a 'half sweet' kind of person at Starbucks so naturally my palette enjoys only moderately sweet things! The sweetness of your mangos is a variable to consider as well when you sweeten your pudding.
- **Make in advance:** Everything can be made, cooled and refrigerated in closed container for 2-3 days, even fully assembled. Great for bringing to parties, picnics or spontaneous needs.
- **Substituting with chia seeds:** as mentioned in the blog post, the tapioca pearls can be replaced with chia seeds. Use about $\frac{2}{3}$ to $\frac{3}{4}$ cup of chia seeds, depending on thickness preference. Soak the chia seeds directly in the milk mixture for 30 minutes up to overnight. No cooking is required for chia seeds. Once soaked, simply sweeten with maple syrup, layer with mango puree and top with fresh mangos.

INGREDIENTS

1/2 C uncooked small tapioca pearls (see note above for substituting with chia seeds)

2 C unsweetened plain oat milk or other plant milk of choice

1 400ml-can full fat coconut milk

$\frac{1}{4}$ C maple syrup OR $\frac{1}{4}$ C organic granulated sugar – add more depending on your taste and sweetness of mangoes (see headnote 'sweetness level')



1 tsp pure vanilla extract

2 C small-cubed mangoes, separated (about 3-4 small mangos)

A few segments of pomelo, pulled out of membrane (optional for topping)

METHOD

To a medium pot, add tapioca pearls, oat milk (or milk of choice), coconut milk, maple syrup (or sugar) and vanilla extract. Let the mixture soak for about 1 hour in the fridge. I like soaking to give the pearls a head-start absorbing moisture for more evenly cooked tapioca. If you skip soaking, just cook it a little longer.

Give the mixture a stir as some of the tapioca might have sunk to the bottom. Set the pot over a medium heat, bring contents to a boil and quickly turn it down to a lower setting. Simmer gently for about 7-8 minutes, stirring constantly for even cooking. **What to look for:** Use the recipe time as a guideline, making sure to rely mostly on visual queue for doneness. That is, when pearls are mostly translucent with a pin-dot of opaque remaining in the center. They will continue to cook through in the residual heat as the mixture cools so you don't want take them too far before removing from heat. They will not necessarily all look equally cooked through, even with constant stirring, but that's okay just look for this doneness in most of the pearls. Remove from heat, cover and let sit for 5 minutes.

Pour pudding into another vessel and let it cool to room temperature. Put into the fridge to chill rest of the way until cold, about an hour.

Meanwhile, place 1 cup of the diced mangoes in a small blender and puree until smooth (or use an immersion blender). Mix the puree with cooled tapioca mixture. If you like a thinner pudding, stir in a bit more oat milk or coconut milk.

To serve, scoop mango tapioca mixture into serving bowls. Top with the remaining fresh mango cubes and pomelo if using.

Enjoy! X