

Old-Fashioned Tapioca Treat

Makes 4 servings

Ingredients:

- 1/2 cup small pearl tapioca
- 2 1/2 cups milk
- 1/4 teaspoon salt
- 2 eggs
- 1/2 cup sugar
- 1 teaspoon vanilla extract



Directions

1. In a saucepan, combine tapioca, milk, and salt. Let stand 5 minutes.
2. Bring to a gentle simmer over medium heat, stirring frequently.
3. In a bowl, whisk eggs and sugar.
4. Slowly stir some hot tapioca mixture into eggs to temper.
5. Add egg mixture to saucepan and cook until thickened.
6. Remove from heat and stir in vanilla.
7. Serve warm or chilled.

Fun Food Fact

Tapioca comes from cassava root, a staple crop in many tropical countries and a naturally gluten-free starch. Raw cassava must be carefully processed because it naturally contains compounds that can be harmful if eaten untreated.