

This is comfort food at its finest. This creamy pudding seems much richer than it actually is. It was so simple to do but oh so good to eat!!

Tapioca and Pistachio Pudding



- 3 egg yolks
- ½ cup maple syrup
- 1 ¾ cup 2 % milk, warm
- 1 cup instant tapioca
- pinch of salt
- 1 tsp. vanilla extract
- 3egg whites
- 1 pear, peeled, cored and diced
- rind of 1 orange
- rind of 1 lemon
- 2 tbsp. pistachios, chopped

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In a double boiler or saucepan, egg yolks on low heat. Add milk, tapioca, salt and vanilla extract: heat for 10 to 12 minutes.

Remove from heat and let cool to room temperature for 15 minutes.

In a bowl, beat egg whites until stiff. Combine with tapioca, add diced pear, orange and lemon rinds: mix gently. Pour into dessert dishes and refrigerate for 2 hours.

Sprinkle with pistachios before serving. [4 servings]



Tapioca has been considered a healthy food because, as a starch, it is easy to digest.

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