



MANGO SAGO PUDDING

WND #2 Dessert

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 145 MIN

INGREDIENTS

6 cups water
1/3 cup small pearl tapioca
13.5 ounces full-fat coconut milk
2 tablespoons honey or maple syrup
(for vegan)
1/2 teaspoon vanilla extract
1/8 teaspoon salt
1 mango peeled and diced

DIRECTIONS

1. Pour coconut milk, maple syrup, vanilla and salt into pan and bring to boil
2. Turn heat off and chill in the fridge for 2 hours
3. Bring a large pot of water to a boil
4. Pour in tapioca pearls and simmer for 15-20 minutes or until translucent
5. Pour tapioca into sieve and run cold water over to prevent sticking
6. Dice all da mangos
7. Blend half of mangos and pour puree mixture into the coconut milk
8. Mix tapioca into mango coconut mixture
9. When ready to serve, pour coconut milk, tapioca mixture and serve diced mangos on top.

SOURCE

Image: <https://twoplaidaprons.com/coconut-mango-tapioca-pudding/>
<https://nomnompaleo.com/mango-sago-coconut-tapioca-pudding>