

Horchata

From the UI Extension Fiesta of Flavors

<http://urbanext.illinois.edu/fiesta/recipe.cfm?lang=en&id=250>

Ingredients

- 1 cup uncooked long grain white rice
- Tap water
- 1 cup water
- 4 cup skim milk
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ cup granulated sugar
- Cheesecloth

Instructions

1. Soak the rice in tap water overnight
2. Drain the soaked rice through a strainer
3. In a blender add rice, ½ cup water, 2 cups milks, vanilla, sugar, and cinnamon. Blend on high speed until rice is all ground up (approximately 1.5 minutes)
4. Add the remaining ½ cup water and 2 cups milk. Blend on high for approximately 1 minute
5. Strain the mixture through the cheesecloth until no more liquid seeps out.
Do not squeeze the cheesecloth. Discard cheesecloth and remains
6. Chill and serve

Makes 5 servings

Nutrition information per serving

Calories: 212

Total Fat: .5g

Carbohydrates: 44g

Protein: 8g

Dietary Fiber: .5g

Sodium: 100mg



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