

Strawberry Tapioca



The recipe uses Peychaud's® bitters to bring out the flavor of the strawberries. However Peychaud's® uses a red dye and you can omit. What is nice about this recipe is that it is dairy and sugar free. Agave is treated as a food in digestion and will not cause a glycemic spike. Enjoy.

Ingredients

1/3 cup Tapioca soaked in 3/4 cup water for 30 minutes, in a pan.
1 can of Coconut Milk. This is the canned regular coconut milk. Do not use the reduced fat can.
2 eggs - Whites only, hand whipped with 1/4 tsp. of salt. Whip until frothy.
1 pound thinly sliced strawberries.
1 1/2 tsp. of Peychaud's® Bitters.
1/3 cup Agave syrup.
2 tablespoons Agave syrup.

Instructions

After soaking the tapioca in a pot for 30 min. warm on the stove. Add in Coconut Milk, egg whites, 1/3 cup Agave syrup, and 1/2 tsp. of salt. Stir slowly at low boil until thickened. Set aside in a bowl to cool.

In a non reactive skilled (stainless steel), add strawberries, Peychaud's®, and 2 tablespoons of Agave. Stir at medium heat for 2 minutes.

Remove from heat and let cool.

Gently combine the Tapioca mixture and strawberries. Let cool and enjoy.

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