

## **TAPIOCA PORRIDGE**

Wheat-free Gluten-free Dairy-free

Tapioca is a starch extracted from the root of the plant species *Manihot esculenta*, commonly known as cassava.

### **Ingredients:**

- 1 cup Tapioca
- 2 1/2 cups of water
- 1/3 cup lemon juice
- 2 tbsp honey
- 2 tbsp coconut
- 1 cup apple juice ("Mountain Maid" and "Country Fresh-Organic" brands are unsweetened and preservative free)
- Optional coconut milk, or cream if tolerated

### **Method:**

Bring tapioca, water, lemon juice, honey and coconut to the boil.

Simmer and stir frequently until tapioca forms transparent balls.

Stir in apple juice.

Serve hot or cold topped with coconut milk or cream.