



Old Fashioned Tapioca Pudding

Servings: 0

Enjoy some fresh fruit along with this pudding. It will add flavor and color, along with fiber. 3 weightwatcher points per serving

Ingredients

3 tablespoons instant tapioca
3 tablespoons sugar-substitute
1 tablespoon granulated sugar
2 tablespoons light pancake syrup or honey
1/4 teaspoon salt
1 large egg, use higher omega-3 egg, if available
1/4 cup egg substitute
2 cups 1 % low-fat or skim milk
1/2 teaspoon vanilla extract
pinch of ground cinnamon, optional

Directions

1. Add tapioca, sugar-substitute, sugar, pancake syrup, salt, egg, egg substitute, and milk to a medium nonstick saucepan and whisk until smooth. Let stand (don't stir), for exactly 5 minutes.

2. Cook over medium heat, stirring often, just until mixture comes to a full boil. Stir in vanilla extract and ground cinnamon, if desired. Transfer pudding to a medium bowl that is sitting in a larger bowl partly filled with ice. Let stand, stirring occasionally, for about 12 minutes.

3. Spoon into 4 serving dishes or cups and eat immediately, or cover dishes with plastic wrap and store in refrigerator (serve within 2 days).

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