



Enjoy the benefits of a pura vida lifestyle with cassava from Costa Rica

CASSAVA PUDDING

essential
**COSTA
RICA**

Ingredients:

1 kilo of cassava
400 gr of sugar
1 liter of milk
1 egg
1 tablespoon cinnamon
1 teaspoon salt

For the caramel:

400 gr of sugar
1 lemon
5 tablespoons of water

Preparation:

1. First, make the caramel. In a saucepan place the sugar, lemon, and water and let the sugar cook until it is golden brown. Then pour the caramel into a baking dish and let it rest.
2. Peel and cut the cassava into chunks.
3. Place the cassava in a food processor and process very well.
4. Pour the mixture into a blender and add the milk, egg, cinnamon, and sugar and blend well. Pour the cassava mixture over the caramel, bake at 180 c. for 60 minutes.
5. Let cool and serve.

