



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

CASSAVA CHURROS

essential
COSTA RICA

Ingredients:

500 grams of cassava
2 eggs
1 tablespoon butter or margarine
1-2 tablespoons cornstarch

1 spoon of sugar
1/4 teaspoon of salt
Oil for frying
Sugar and cinnamon for the brim

Preparation:

- In a pot with enough water, place the cassava in pieces, peeled; cook until soft.
- Place the cassava in a bowl and remove the strand or vein from the center.
- With a masher, mash the cassava (you can also use a food processor) adding the eggs, butter, cornstarch, sugar, salt, and mix well until you have a smooth paste.
- Place the dough in a pastry bag with a curled nozzle and make the churros on a tray lined with waxed paper; take it to the refrigerator for about 10 minutes or until the churros are firm.
- In a skillet place enough oil to fry the churros until golden on both sides, transfer to a plate with a napkin to absorb the excess oil.
- In a deep plate, place sugar and cinnamon and cover the churros. Serve and enjoy!
- You can serve them with a chocolate or Nutella sauce.

