



DATE HORCHATA

PREP TIME: 120 minutes

SERVING SIZE: 1 cup

COOK TIME: 0 minutes

SERVES: 5

INGREDIENTS

- ¾ cup long grain white rice
- 6 cups water, divided
- 1 cup unsweetened plain almond milk or low-fat milk
- ¾ cup pitted medjool or deglet noor dates
- 1 ½ tsp pure vanilla extract
- 1 cinnamon stick or ½ tsp ground cinnamon

PREPARATION

1. Soak rice in 2 cups very hot water for 2 hours. The rice should be soft but still very raw. Drain and add to a blender.
2. Add 4 cups water, dates, vanilla, and the cinnamon stick to blender. Top with lid and cover with a towel to ensure it does not splash. Blend for about 1 minute or until the mixture seems well combined.
3. In two batches pour the mixture over a bowl or pitcher. Using a cheesecloth, or a very thin towel strain the mixture until only pulp remain in the clot, squeezing to get every last drop out.
4. Stir in the almond milk and whisk. Chill and serve over ice.

SOURCE

<https://minimalistbaker.com/date-sweetened-horchata/>

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

servings per container	
Serving size	(99g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 180mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/17
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HORCHATA DE DATILES

TIEMPO DE PREPARACIÓN: 120 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 5

INGREDIENTES

- ¾ arroz de grano largo
- 6 tazas de agua, dividida
- 1 taza de leche de almendras sin azúcar o de leche baja en grasa
- ¾ de dátiles, secos o frescos, sin semillas
- 1 ½ cucharadita de extracto de vainilla
- 1 palito de canela o ½ cucharadita de canela molida

PREPARATION

1. Remojar el arroz en 2 tazas de agua muy caliente. El arroz debe de estar suave pero crudo. Colar el arroz y poner en la licuadora.
2. Agregar 4 tazas de agua, los dátiles, y el palito de canela o la canela molida. Tapar la licuadora y poner una toalla por encima para prevenir que el agua salpique. Batir 1 minuto o hasta que este todo bien revuelto.
3. Dividir la bebida en dos grupos y usando una toalla de queso o una toalla muy delgada, colar o filtrar el agua. Exprimir hasta la última gota.
4. Agregarle la leche de almendras y batir un poco. Servir fría o con hielos.

FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición



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