

## Ingredients

- 1 cup water
- 1/2 cup small pearl tapioca (not instant)
- 2 1/2 cups whole milk
- 1/4 teaspoon kosher salt
- 2 large eggs
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract

## Instructions

1. Place the water and tapioca pearls in a 1 1/2 quart pot. Let stand for 30 minutes until the pearls are plump and have absorbed the water.
  2. Turn on the heat to medium-high. Pour in the milk and salt; stir while bringing to a bare simmer.
  3. Reduce the heat to very low, add in the sugar and cook, uncovered, stirring frequently (so the tapioca doesn't stick to the bottom of the pan), until the tapioca pearls have plumped and thickened, about 5 minutes.
  4. In a separate bowl, beat the eggs. Slowly whisk in about 1/2 cup of the hot tapioca (this equalizes the temperature between the two mixtures to avoid curdling.)
  5. Pour the egg mixture into the pot with the rest of the tapioca; increase heat to medium and stir for several minutes until you get a thick pudding consistency that coats the back of a wooden spoon. (Do not let mixture boil.)
  6. Take off the heat and cool for 15 minutes.
  7. Stir in the vanilla.
  8. Serve either warm or cold and enjoy!
1. Different brands of tapioca call for different instructions, so pay attention to the packaging - some small tapioca requires the pearls to soak overnight. If NO soaking is required, increase the amount of milk in this recipe to 3 cups. You might also need to cook the tapioca for longer than 5 minutes depending on the size of the pearls.
2. For a lighter, fluffier tapioca pudding, you can separate the eggs; use the egg yolks to stir in with the hot tapioca. Once it becomes thick, beat the

egg whites in a separate bowl until soft peaks form. Remove the pudding from the stove and fold in the whipped egg whites.

## **Nutrition**

Calories: 200kcal | Carbohydrates: 32g | Protein: 5g | Fat: 5g | Saturated Fat: 2g | Cholesterol: 80mg | Sodium: 169mg | Potassium: 160mg | Sugar: 22g | Vitamin A: 265IU | Calcium: 128mg | Iron: 0.6mg

Nutritional information given is an automatic calculation and can vary based on the exact products you use and any changes you make to the recipe. If these numbers are very important to you, I would recommend calculating them yourself.