

Horchata

Makes: 5 Servings

Ingredients

1 cup white rice, long-grain uncooked

5 cups water

1/2 cup milk, 1%

1/2 tablespoon vanilla extract

2/3 cup sugar

1/2 tablespoon ground cinnamon

Directions

1. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours.
2. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.

Notes

Horchata is a traditional Mexican beverage made with rice and flavored with lime, cinnamon, or sugar.

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 17.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	2 g	
Carbohydrates	38 g	13%
Dietary Fiber	1 g	4%
Saturated Fat	NA	
Sodium	NA	