



Atol de Maiz A Mexican Corn Drink

Serves 4

INGREDIENTS

4 ears corn on the cob
 4 cups water or almond milk
 1 teaspoon vanilla extract
 Cinnamon sticks (optional, for garnish)

OPTIONAL FLAVORINGS:

1 teaspoon cocoa powder
 2 tablespoons honey
 1 tablespoon cinnamon

DIRECTIONS

1. Using a sharp knife, cut kernels off to make 3 cups (scrape cobs with knife). Place 2½ cups of corn in blender with 2 cups of water.
2. Strain pureed corn through sieve in medium saucepan. Stir in remaining corn kernels, ⅓ cup sugar and 1 teaspoon vanilla. If desired, may also add 2 tablespoons honey with 1 tablespoon cinnamon and/or 1 teaspoon cocoa powder.
3. Boil over medium-high heat, then reduce and simmer 5 minutes or until lightly thickened.
4. Pour into a bowl, sprinkle with cinnamon, serve hot w/spoon (makes 4 servings).
5. Garnish with a cinnamon stick, if desired.

NUTRITION (BASIC RECIPE):

65 calories
 2 g protein

65 mg phosphorus
 190 mg potassium

5 mg sodium

WITH COCOA, CINNAMON AND HONEY:

100 calories
 2 g protein

75 mg phosphorus
 215 mg potassium

10 mg sodium