



Milk Tea with Tapioca Pearl Ice Pops

 Vegetarian  Gluten Free

READY IN



560 min.

SERVINGS



6

CALORIES



233 kcal

BEVERAGE

DRINK

Ingredients

- 6 ginger tea bags black chinese
- 2 ounces brown sugar chinese
- 10 ounces condensed milk sweetened
- 0.5 cup .3 oz. of pearl tapioca black
- 1.8 cups water

Equipment

- bowl
- frying pan

- sauce pan
- whisk
- slotted spoon
- colander

Directions

- For the tapioca pearls: Bring 3 cups of the water to a boil in a small saucepan with a tightfitting lid over medium-high heat.
- Add the tapioca pearls, stir, and return to a boil. Reduce the heat to medium low and continue to rapidly simmer until the pearls are swelled and soft all the way through, about 20 minutes.
- Remove the pan from the heat, cover, and let sit for 15 minutes. Strain the pearls in a colander, rinse with cold water until cooled, and drain thoroughly.
- Transfer the pearls to a small heatproof bowl.
- Place the remaining 1/2 cup water in a small, clean saucepan over high heat and bring to a boil.
- Add the brown sugar, reduce the heat to medium low, and stir until the sugar has dissolved.
- Pour the sugar syrup over the reserved tapioca pearls, stir to combine, and let sit until the mixture cools to room temperature, about 15 minutes. For the milk tea base: Bring the water to a boil over medium-high heat in a small saucepan with a tightfitting lid.
- Add the tea bags, stir to combine, and return to a boil. Reduce the heat to medium low and simmer for 5 minutes.
- Remove the pan from the heat, cover, and let sit for 10 minutes.
- Remove the tea bags, pressing the extra liquid from the bags back into the pan, and discard the tea bags.
- Add the condensed milk and whisk until evenly combined. To assemble the ice pops: Using a slotted spoon, remove 1/3 cup of the pearls from the syrup and divide them among the pop molds. Fill the molds halfway with the milk tea base. Freeze until the pops are almost solid, about 2 hours. Meanwhile, set the remaining pearls aside in the syrup at room temperature.
- Place the remaining milk tea base in the refrigerator. After 2 hours, drain the remaining tapioca pearls and divide them among the molds. Top with the remaining milk tea base. Insert the sticks and freeze until solid, at least 6 hours.

Nutrition Facts



■ PROTEIN 6.37% ■ FAT 15.62% ■ CARBS 78.01%

Properties

Glycemic Index:23.11, Glycemic Load:24.32, Inflammation Score:-1, Nutrition Score:3.6739130564358%

Nutrients (% of daily need)

Calories: 232.93kcal (11.65%), Fat: 4.11g (6.33%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 46.09g (16.76%), Sugar: 35.29g (39.22%), Cholesterol: 16.06mg (5.35%), Sodium: 66.23mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.55%), Calcium: 146.63mg (14.66%), Phosphorus: 120.81mg (12.08%), Vitamin B2: 0.2mg (11.56%), Selenium: 7.21µg (10.3%), Potassium: 189.26mg (5.41%), Vitamin B5: 0.38mg (3.84%), Magnesium: 13.95mg (3.49%), Vitamin B12: 0.21µg (3.46%), Zinc: 0.47mg (3.13%), Vitamin B1: 0.04mg (2.87%), Vitamin A: 126.16IU (2.52%), Iron: 0.36mg (1.98%), Vitamin C: 1.23mg (1.49%), Folate: 5.8µg (1.45%), Vitamin B6: 0.03mg (1.45%), Copper: 0.03mg (1.26%), Manganese: 0.02mg (1.14%)