



Strawberry-Blueberry Tapioca Parfaits

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



174 kcal

DESSERT

Ingredients

- 2 tablespoons agave nectar
- 3 cups vanilla almond milk divided
- 1 pint blueberries rinsed drained
- 1.5 teaspoons cornstarch (or 1 tsp. arrowroot)
- 1 pound strawberries washed and stemmed
- 3 tablespoons agave nectar canned (agave nectar can be used, but it will make the tapioca slightly darker)
- 0.3 cup .3 oz. of pearl tapioca
- 0.5 vanilla pod split

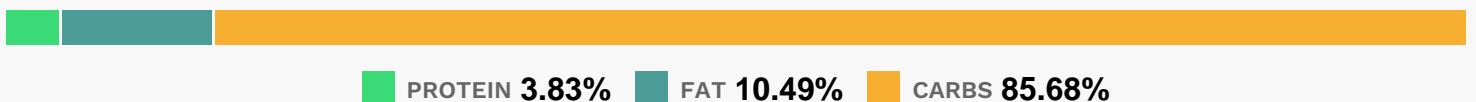
Equipment

- food processor
- bowl
- frying pan
- sauce pan

Directions

- Place 2 1/2 cups of almond milk and the tapioca into a heavy saucepan. Bring to a gentle boil, stirring occasionally, and then turn down the heat to a simmer. Stir well every few minutes, scraping the bottom and sides to prevent sticking. Cook until the tapioca pearls are mostly translucent, 15–20 minutes.
- Mix 1 tablespoon of the reserved almond milk with the cornstarch and set aside.
- Add the remaining almond milk to the pan along with the sugar and vanilla bean. Increase heat and return mixture to a slow boil. Continue cooking and stirring for 5 minutes. Stir in the cornstarch mixture and cook until mixture thickens.
- Remove from heat and pour pudding into a deep metal bowl.
- Remove the vanilla bean, scraping it down with a spoon to draw out some of its seeds, and place the bowl in the prepared ice bath. Stir it every few minutes until it cools, about 10 minutes. While the pudding is cooling, cut the strawberries in quarters.
- Put them in a food processor along with the agave nectar and pulse until coarsely pureed. Divide the puree among 6 small glasses (8-oz. juice glasses or wine glasses work best). Once the tapioca is cool, divide it equally among the 6 glasses, spooning it gently atop the strawberry layer. Refrigerate for at least 15 minutes, until well chilled.
- Add a layer of blueberries to each parfait and serve.

Nutrition Facts



Properties

Glycemic Index:31.28, Glycemic Load:13.29, Inflammation Score:-5, Nutrition Score:8.8860870755237%

Flavonoids

Cyanidin: 7.94mg, Cyanidin: 7.94mg, Cyanidin: 7.94mg, Cyanidin: 7.94mg Petunidin: 24.95mg, Petunidin: 24.95mg, Petunidin: 24.95mg, Petunidin: 24.95mg Delphinidin: 28.18mg, Delphinidin: 28.18mg, Delphinidin: 28.18mg, Delphinidin: 28.18mg Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 16.04mg, Peonidin: 16.04mg, Peonidin: 16.04mg, Peonidin: 16.04mg Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 174.01kcal (8.7%), Fat: 2.13g (3.28%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 35.27g (12.82%), Sugar: 23.86g (26.51%), Cholesterol: 0mg (0%), Sodium: 164.87mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin C: 55.08mg (66.76%), Manganese: 0.57mg (28.36%), Vitamin K: 20.82µg (19.83%), Calcium: 168.7mg (16.87%), Fiber: 3.9g (15.58%), Folate: 28.46µg (7.12%), Vitamin B6: 0.12mg (5.91%), Vitamin E: 0.84mg (5.6%), Potassium: 178.03mg (5.09%), Vitamin B1: 0.07mg (4.6%), Vitamin B2: 0.08mg (4.58%), Copper: 0.08mg (4.24%), Iron: 0.68mg (3.79%), Magnesium: 14.83mg (3.71%), Vitamin B3: 0.74mg (3.71%), Phosphorus: 28.44mg (2.84%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.24mg (1.63%), Selenium: 0.76µg (1.09%), Vitamin A: 51.66IU (1.03%)