

Nourishing Coconut Milk Tapioca Pudding

1/2 Cup small tapioca pearls

1 can light coconut milk

1 cup water

1 tsp vanilla extract

2-3 Cardamom pods coarsely ground

optional - 2 cinnamon sticks

also optional - shredded toasted coconut flakes, golden raisins, cashews or pistachios

also optional - a natural sweetener such as maple syrup or monk fruit or stevia. (avoid cooking with honey)

Place all ingredients in a crock pot or instapot (stovetop can also be used but must stir constantly - whereas with crock pot or instant, all ingredients can be placed in the container and left to cook on their own.

Cook until tapioca pearls become soft and translucent and mixture thickens into a pudding.

Best if eaten warm (from an ayurveda standpoint) but what isn't eaten warm can be placed in small storage containers and enjoyed as a snack later.