

**Tropical Tapioca**  
Makes 3 Servings

3 T dry tapioca pearls, quick cooking  
1 cup 1% milk  
2 T coconut, sweetened dried, shreds  
1 medium banana, sliced in to coins  
1 T honey  
1 t lemon zest



Heat milk and tapioca in a sauce pan on medium heat stirring every 20 seconds with a whisk to ensure it does not scorch (burn). Heat to a boil and cook for an additional 10 seconds. Remove from heat and add the remainder of the ingredients. Serve warm or cold.

Nutrition information per serving: 150 calories, 2g total fat, 1g dietary fiber, 3g protein, 31 g carbohydrate, 45 mg sodium. Good source of Calcium.

Recipe adapted from Jaques Pepin's Fast Food My Way

