



Rice smoothie (Mexican Horchata)

5'
Hands on

2-4
Portion(s)

1
Difficulty



Method

This beverage is called Horchata or Horchata de Arroz and it is very popular in Mexico. Traditionally, it is served in many Mexican restaurants.

- Add all the ingredients into a blender and beat them for 1 minute until homogenized.
- Remove from the blender and divide the smoothies into glasses.
- Sprinkle with extra raisins, cinnamon, and serve.

Ingredients

- 200 g basmati rice, boiled
- 50 g golden raisins
- 1 teaspoon(s) cinnamon
- 1 pinch nutmeg
- 250 g rice milk
- 100 g ice

To serve

- golden raisins
- cinnamon

Διατροφικός πίνακας

Nutrition information per portion

131 Calories (kcal)	0.8 Total Fat (g)	0.1 Saturated Fat (g)	28.0 Total Carbs (g)
7%	1%	1%	11%
13.0 Sugars (g)	1.9 Protein (g)	1.0 Fibre (g)	0.06 Sodium (g)
14%	4%	4%	1%