



MEXICO

# MEXICAN ATOLE

## BEVERAGE

Mexican Atole is a traditional hot, corn and masa based beverage that is consumed throughout Mexico, mainly as a breakfast drink served with a piece of pan dulce (Mexican sweet bread). The addition of "masa harina", a ground corn mixture used for making tortillas and tamales, adds to its unique flavor and thick consistency. One warm cup of atole fills the belly right up and is a great way to start the day!

### INGREDIENTS:

- 1/2 cups masa harina (not cornmeal). You can buy this at most grocery stores or at a Mexican market
- 3 cups water
- 1 cup milk
- 1/4 cup grated piloncillo or brown sugar (or more/less to taste)
- 1 tsp cinnamon
- 1 tsp vanilla
- 1-2 pieces of pan dulce, Mexican sweet bread, pictured above (optional)

### DIRECTIONS:

1. In a medium saucepan, whisk together the masa harina, water, milk piloncillo (or brown sugar), and cinnamon. Bring to a simmer over medium high heat, stirring often.
2. Once you have reached a boil, reduce the heat and let simmer for 5-10 minutes, whisking throughout, until the beverage thickens to your liking.
3. Remove from the heat and stir in the vanilla.
4. Serve warm (kids don't like anything too hot!) and if you can, serve with a piece of pan dulce!
5. Enjoy!