

## banana boba tea

RECIPE BY **ANGELA LEE** www.everydaynutrition.com.au

## SERVES 2 | PREP 15 MINS | COOK 5 MINS

1/2 cup tapioca flour

- 1 tablespoon cocoa powder
- 1/4 cup boiling water
- 2 cups lactose-free skim milk
- 2 teaspoons maple syrup
- 2 firm bananas, frozen
- $\frac{1}{2}$  cup ice cubes

- In a small bowl place the tapioca flour and cocoa powder. Gradually add the boiling water, stirring continuously until the mixture forms a dough, allow to cool slightly.
- Divide the dough into four pieces, knead with some extra flour until the dough is smooth, elastic and not sticky. Roll dough pieces into four long thin snakes.
- Chop each snake into many 4mm pieces. Roll each piece into very small balls. Dust all the balls with a little extra tapioca flour.
- Bring a large pot of water to the boil. Carefully lower the tapioca balls in the water, allow to cook for 5 minutes. Strain and run under cold water.
- In a blender add the chopped frozen banana pieces, maple syrup and lactose free milk, blend on high speed until the mixture is smooth and creamy.
- Divide the chocolate boba balls into two glasses, top with banana milk.
  Serve with ice cubes and boba straws.

**NOTES** Another flavour option is to switch banana for 1 cup fresh strawberries. For a mint chocolate flavour swap add 2 heaped teaspoons of drinking chocolate and 1-2 fresh mint leaves.

To make pink boba pearls, swap the cocoa powder for 3 drops of pink food colouring.

For a more intense yellow colour I recommend adding 2 drops Hopper's yellow colouring to the recipe above.