

Horchata

This Horchata recipe is my take on the popular favorite. It's made with rice, milk, vanilla, cinnamon, and water. It takes seconds to prep, is refreshing and absolutely delicious!

Prep Time

8 hrs

Total Time

8 hrs



4.94 from 623 votes

Course: Beverage **Cuisine:** Mexican **Servings:** 6

Calories: 269kcal **Author:** Lauren Allen **Cost:** 2

Ingredients

- 1 1/2 cups uncooked long-grain white rice
- 2 Mexican cinnamon sticks
- 4 cups hot water
- 2 cups milk , **or almond milk**
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon
- 1/3 - 1/2 cups granulated sugar , **to taste**

Instructions

1. To a blender, add rice, 2 cups of hot water, and 2 Mexican cinnamon sticks.
2. Blend until the rice and cinnamon sticks are roughly ground. Add the remaining water and blend again.
3. Pour contents into a pitcher or container with a fitted lid and refrigerate overnight or for at least 8 hours.
4. Pour the rice mixture through a fine mesh strainer or cheesecloth, into a pitcher. Discard the rice.
5. Stir in the milk, vanilla, cinnamon, and sugar (to your preference). Chill until ready to serve. Stir well before serving and serve over ice.

Notes

Serve this with one of my favorite Mexican meals.

Nutrition

Calories: 269kcal | Carbohydrates: 53g | Protein: 6g | Fat: 3g | Saturated Fat: 2g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 1g | Cholesterol: 10mg | Sodium: 42mg | Potassium: 185mg | Fiber: 2g | Sugar: 15g | Vitamin A: 137IU | Vitamin C: 0.1mg | Calcium: 136mg | Iron: 1mg



Recipe Link



Recipe Video

<https://tastesbetterfromscratch.com/horchata/>