



Recipe from: [My Catholic Tradition](#)

Fruity Atole

SERVES SIX

- 1 cup strawberries, chopped
- 1 cup pineapple or orange segments, chopped
- 1 3/4 cups white masa harina
- 2 1/2 cups milk
- 1 vanilla pod (bean)
- 1/4 cup piloncillo or soft dark brown sugar

Process 1 cup strawberries, chopped pineapple or orange segments in a food processor or blender until smooth.

Press the purée through a sieve.

Set aside.

Combine the milk with 2 1/2 cups cold water.

Put the masa harina in a heavy pan.

Gradually beat in the milk and water mixture to make a smooth paste.

Place the pan over a moderate heat.

Add the vanilla pod and bring the mixture to the boil.

Stir constantly until it thickens.

Add the sugar and stir until the sugar has dissolved.

Beat in the fruit puree return the pan to the heat until warmed through.

Remove from the heat, discard the vanilla and serve.

Garnish with a dash of cinnamon before serving.