

Holiday Fruit Tamales

Serving size: 2 Tamales

Makes 16 Tamales or 8 Servings

Fruit Filling Ingredients:

½ cup canned pineapple, drained and finely chopped

½ cup raisins

⅛ cup shredded coconut

⅛ cup pecans, finely chopped

Directions:

Mix the filling ingredients and set aside.

Tamale Masa Ingredients:

1 (8 oz) package dried corn husks

2 cups masa de maiz

½ teaspoon nutmeg

1 teaspoon cinnamon

Dash of salt

¼ cup extra light olive oil

1 ¼ cup apple juice

Directions:

Soak the corn husks in a bowl of warm water.

In a large mixing bowl, combine the masa, nutmeg cinnamon and salt.

Stir in the olive oil, and a tablespoon of the apple juice.

Continue to add juice a little at a time until the dough is the consistency of smooth peanut butter.

Spread the dough onto the corn husks to ¼ to ½ inch thickness. Place a tablespoon of the fruit filling in the center. Fold the sides of the husks in toward the center and place in a steamer. Steam for about 1 hour until dough is done.

Exchanges per serving:

1 Starch, 1 Fruit, 2 Fats

Nutrients per serving:

Calories: 239

Calories from fat: 86

Total Fat: 10g

Cholesterol: 0mg

Sodium: 5mg

Total Carbohydrate: 37g

Dietary Fiber: 1g

Protein: 3g