

Strawberry and Rose Tamales (Nutritious Holidays)

Ingredients for 24 servings

- 24 dried corn husks
- 1 cup of unsweetened almond milk
- 2 cups of strawberries (Frozen OK)
- 3 cups of masa harina
- 1 cup of hot water
- $\frac{3}{4}$ cup of melted refined coconut oil
- 4 tbsp of vegan butter
- 1 tbsp of baking powder
- $\frac{3}{4}$ cups of raw sugar
- 1 tbsp of rose water
- Pinch of salt
- Dried rose petals to garnish (optional)

Nutrition Tip: Frozen fruits are great option for “off-season” foods.

Preparation (2 hours)

1. Immerse the corn husks into a bucket with warm water. Make sure they are in the water for at least 30 minutes.
2. Blend the almond milk and strawberries.
3. In a large bowl, put the masa harina and slowly start adding the hot water. Mix with a silicone spatula.
4. Add the coconut oil, vegan butter, strawberry mix, sugar, baking powder, rose water and salt. Mix until you have a dough. Let the masa rest for 30 minutes.
5. Take of the husk of the water (make sure they are soft) and dry them with a towel.
6. Smear 4 to 5 spoonfuls of masa into each husk and fold.
7. In a steamer pot, add the tamales with the husk opening facing up. Cook the tamales for 45 minutes.

Cultural Fact: Tamales have been part of many cultures in the Americas. They date from pre-Hispanic days.