

HORCHATA DE MORRO

(MORRO SEED DRINK)

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- ½ Cup Morro Seeds
- ¼ Cup White Rice
- ¼ Cup Sesame Seeds
- ¼ Cup Peanuts (unsalted)
- ¼ Cup Cocoa Nibs or Unsweetened Cocoa Powder
- 1 Tbsp. Pumpkin Seeds (pepitas)
- 1 Tbsp. Flaxseeds
- 1 Stick Cinnamon or 1 Tsp. Ground Cinnamon
- 1 Tsp. Vanilla Extract
- 4 Cups Cold Water
- 4 Tbsp. Sugar (adjust to taste)
- Ice cubes, for serving

Instructions:

1. Toast the morro seeds in a dry frying pan over medium heat for 3-5 minutes until fragrant. Stir frequently to prevent burning.
2. Add rice, sesame seeds, peanuts, cocoa nibs, pumpkin seeds and flaxseeds to the pan. Continue to toast for another five minutes until lightly golden and aromatic. Keep the heat moderate to avoid bitterness.
3. Transfer the toasted mixture to a plate and allow it to cool completely. Once cooled, grind it finely using a high powered blender or spice grinder.
4. In a large jug, combine 3 cups cold water with half of the ground mixture. Stir well until evenly blended.
5. Pour the blended liquid through a fine sieve or cheesecloth into another jug. Press or squeeze to extract as much liquid as possible, discarding the dry residue left behind.
6. Return the residue to the blender, add the remaining 1 cup of water and blend again to extract more flavor. Strain one more into the jug with the first batch.
7. Stir in the vanilla extract and sugar until fully dissolved. Taste and adjust sweetness as desired.
8. Refrigerate for at least 30 minutes before serving over ice.



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