Hawaii Fruit Kanten
Makes 3-4 (1 cup) servings.

2 c.  Apple or white grape juice
1 T.  Agar-agar flakes
1-2 c. Hawaii Fruit chunks of choice (Papaya, watermelon, cantaloupe, strawberry)

1. Pour juice into a saucepan and sprinkle in the agar flakes. Allow the agar to soften, about 3 minutes.
2. Bring juice to a boil, stirring to dissolve the agar.
3. Cover, reduce heat and simmer 10 minutes. Remove from heat and let sit for about 10 minutes.
4. Add fruit pieces and pour into a mold or 4 dessert dishes. Allow to set at room temperature.
5. Cover with plastic wrap and chill before serving.

Variation: Try other juices, such as dark cherry or berry juices with berries and bananas.

Kanten, aka agar-agar, marries with readily available fruit juices for a refreshing gelled dessert. Top the kanten with conventional or Greek-style yogurt, or light whipped topping.