

Fruit Kanten

PREP TIME

5
minutes

Fruit Kanten

INGREDIENTS

- 2 Cups Apple juice *
- 1 1/2 Tbsp. agar flakes
- 1-2 cups fruit chunks of choice

DIRECTIONS

Pour juice into a saucepan and sprinkle in the agar flakes. Allow the agar to soften, about 3 minutes. Bring juice to a boil, stirring to dissolve the agar. Cover, reduce heat and simmer for 10 minutes. Take off of heat and let sit for about 10 minutes to cool a bit. Add in fruit pieces and pour into a mold or 4 dessert dishes. Let sit at room temperature to set. Cover and chill before serving

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other juices can be used - i.e. dark cherry/berry juices are nice as well with berries

COOK TIME

10
minutes

YIELD

4
servings

