
Kanten Parfait

Description

A light and refreshing choice for a dessert or even a festive breakfast option.

Total time: 20 min Yield: 4 servings

Ingredients

2 cup cranberry or apple juice
1½ tsp kanten or agar agar powder
sugar (optional)
2 cup fresh fruit (cut up)

Prep Time: 10 min Cooking Time: 10 min Total Time: 20 min

Instructions

In a small saucepan combine the juice and kanten powder. Bring to a boil and stir to help dissolve the agar. Reduce the heat and cover the pot. Simmer for about 5 to 10 minutes or until the agar has dissolved and liquid is clear. Add sugar to taste if needed. Pour the juice into individual serving bowls or a small pie plate to firm up. Cut into bite size cubes for serving. Chill.

Serve with fresh fruit. Enjoy!

Recipe brought to you by:

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