

Pluma Moos II (Fruit Soup)

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*2 quarts water
1 package fruit compote
1 tin canned Bing cherries
1/2 to 3/4 cup sugar (to
sweeten)
4 tablespoons cornstarch
1 inch piece cinnamon stick
1 star aniseed (optional)*

In a saucepan, cook the fruit and spices in water until tender.

In a bowl, dissolve the cornstarch in a little cold water. Add to the hot soup.

Add the sugar and cherries. Boil until thickened.

Serve warm or cold.

Per Serving (excluding unknown items): 157 Calories; trace Fat (2.4% calories from fat); 1g Protein; 40g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 63mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Fat.