

Apple-Berry Cooler

Kanten makes an especially good summer dessert since it is light, cooling, and requires little time and heat to prepare.

Pour juice into a saucepan and add salt. Sprinkle kanten over juice and allow to sit for 15 minutes. Bring juice to a simmer over medium heat, stirring occasionally. Simmer 3 minutes, then remove from heat. Add lemon peel and juice. Pour hot juice over fresh whole or sliced berries in a casserole dish or mold. Refrigerate or set in a cool place, uncovered. The kanten will be firm in 1-2 hours. (If you want kanten to set more quickly, place mixture in shallow individual serving bowls and refrigerate.)

Preparation List:

Serves 6

- 4 cups juice (apple, apple-strawberry, or apple-raspberry)
- Pinch sea salt
- 6 tablespoons kanten flakes
- 1 teaspoon finely grated lemon peel
- 1 teaspoon fresh lemon juice
- 2 cups fresh berries