

Fruit Soup

Ingredients:

5 ½ cups juice (any juice: your favorite)

2 tablespoons honey

½ cup MINUTE tapioca (fast cooking)

2 to 3 cups fresh, frozen or canned fruit (if using canned, separate the juice from the fruit and use as part of the juice in the recipe)



Directions:

Place the tapioca into a saucepan together with the juice and honey, stir and let sit for 5 minutes.

Heat up to a full boil stirring constantly then turn off the heat. If using frozen fruit, add to the mixture immediately and stir to thaw and warm the fruit. If using canned or fresh fruit, add after a few minutes when the soup is no longer boiling. This is usually served warm, although is very nice cold also. Can be served with crackers or toast or popcorn.

Think healthy 😊