

Scandinavian Autumn Fruit Soup



Ingredients

2 apples, peeled, cored and cut into eighths	1 Tbsp raisins
2 pears, peeled, cored and quartered	1 Tbsp dried currants
1 cup frozen dark sweet cherries, pitted	1 3-inch cinnamon stick
1/3 cup prunes	4 cups water
1/3 cup dried apricots	

Instructions

Combine all ingredients in a pot; bring to a boil. Lower heat and simmer for 20 minutes. Remove from heat and discard cinnamon stick. Let cool slightly and then scoop out the apples and pears. Puree them in a food processor and return to soup.

Serve warm for dessert.

Nutrition Information Per Serving

Serves 6	Fiber
Calories:	Carbohydrates:
Fat:	Protein:
Sodium:	