
Kanten Parfait

Description

Kanten Parfait is a light, refreshing dessert made with kanten, a seaweed-based gelatin that creates a smooth, airy texture. It's the perfect choice for a sweet treat or even a refreshing breakfast to start your day!

Total time: 20 min Yield: 4 servings

Ingredients

2 cup cranberry or apple juice
1/4 cup Golden Coins agar agar powder or ½ kanten stick
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 agar agar powder or kanten. Bring to a boil and stir to dissolve the agar agar. Add sugar to taste if needed. Pour the juice into individual serving bowls or a small pie plate to firm up. Chill. Cut into bite size cubes for serving.

Serve with fresh fruit. Enjoy!

Recipe brought to you by:

Chef Alyssa Moreau