
Fruit Soup

Judy Keal - Wisconsin

North American Potpourri - Autism Directory Service, Inc - 1993

1 tall can pineapple juice

1/2 cup tapioca

1 can (20 ounce) crushed pineapple

1 can (14 ounce) blueberries

1 can (30 ounce) fruit cocktail

1 can (6 ounce) frozen grape juice

sliced bananas

Make the soup at least six hours in advance of serving.

In a soup pot, bring the pineapple juice to a boil. Add the tapioca. Boil for 3 minutes. Cool.

Add the crushed pineapple, blueberries, fruit cocktail and grape juice.

Refrigerate until service.

Add sliced bananas before serving.

Soups, Chili, Stew

Per Serving (excluding unknown items): 752 Calories; 1g Fat (1.1% calories from fat); 4g Protein; 190g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 4 1/2 Grain(Starch); 8 Fruit.