

Pluma Moos (Fruit Soup)

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*2 quarts water
1 cup seedless raisins
1 cup dried prunes
1/4 cup dried peaches
1/4 cup dried apricots
1/2 cup sugar
6 tablespoons flour
1/2 teaspoon salt
1 teaspoon cinnamon
(optional)
sweet cream (optional)*

Wash the fruit. Place in a saucepan. Cook until almost tender.

In a bowl, prepare a paste with flour, sugar and salt.

Slowly add the paste to the saucepan, stirring constantly. Cook until slightly thickened.

Serve warm or cold.

Sweet cream may be added for extra flavor.

Per Serving (excluding unknown items): 1567 Calories; 2g Fat (1.3% calories from fat); 16g Protein; 400g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 1155mg Sodium. Exchanges: 2 1/2 Grain(Starch); 17 1/2 Fruit; 6 1/2 Other Carbohydrates.