

Macrobiotic Recipe of the Month – August 2008

From Meg Wolff

For those of you who don't know what kanten is, it's a jello-like dessert, made with kanten flakes — a seaweed product that can be found in most health food stores — juice, salt and cherries (or berries).

This is a light "macro" dessert. Macro desserts tend to be light, lower in sugars and done on the stove top instead of baked in the oven. As a rule, baked, dry flour products are on the occasional list on a standard macrobiotic diet.

CHERRY KANTEN

3 cups of organic apple juice
(I like Bionature brand)
1 cup of spring or filtered tap water
4 generous tablespoons of kanten flakes
pinch of sea salt
1 cup organic cherries, cut and pitted
Sprig of mint



Heat the apple juice and water on a high flame until it comes to a boil, then turn flame to low and add kanten flakes and pinch of sea salt. Simmer for 5-10 minutes on low- to medium-high heat, stirring occasionally until flakes are dissolved. Stir in cherries.
Pour into separate serving size dishes and let sit for a few hours until jelled. Garnish with mint.

Serves 4-6

Enjoy! ~Meg

**For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com**