

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Scandinavian Fruit Soup

### You'll need:

1 cup dried apricots, chopped  
1 litre water  
440g can crushed pineapple  
1/3 cup sago  
1/2 cup honey  
850ml apricot nectar  
2 tablespoons lemon juice  
5 bananas, sliced

### Here's what to do:

1. Add half the water to dried apricots, and remaining half to sago and soak at least 1 hour.
2. Cook apricots until tender. Add honey.
3. Drain and add drained water to sago.
4. Cook sago until clear on very low heat, stirring as needed to prevent sticking.
5. Remove from heat, add cooked apricots, crushed pineapple (with juice) and Apricot nectar.
6. Mix and chill thoroughly.
7. Add sliced bananas just before serving.