



Mixed Fruit Soup

This refreshing treat was inspired by FOK Head Chef Darshana Thacker's childhood memories of India. Every year for Diwali, Darshana's mother served a cool, fruit-filled soup to all those who visited their home during the Hindu Festival of Lights. Choose a just-ripe banana for this recipe. You don't want one that is soft and has dark spots.

By Darshana Thacker Wendel

Makes 8 cups
Preparation Time: 40 minutes
Cook Time: 1 hours 20 minutes

INGREDIENTS:

4 cups unsweetened, unflavored plant-based milk
2 tablespoons arrowroot powder
2 teaspoons pure vanilla extract
1 1-inch piece stick cinnamon
1 dash ground turmeric
1 medium orange
1 medium apple, cored and cut into ½-inch pieces
1 medium pear, cored and cut into ½-inch pieces
1 cup green and/or red grapes, halved
1 dragon fruit, peeled into ¾-inch cubes
2 fresh kiwi, peeled and cut into ¾-inch cubes
½ cup pomegranate seeds
½ cup sliced fresh strawberries
½ cup fresh blueberries
1 medium banana
Pure maple syrup, to taste

- 1 In a large pot or Dutch oven combine the first five ingredients (through turmeric). Bring to boiling over medium-low, stirring frequently. Simmer, uncovered, 5 to 10 minutes or until slightly thickened. Cool completely. (For quick cooling, set the pot in a sink of ice water and stir soup.) Remove stick cinnamon.
- 2 Meanwhile, cut orange into supremes: With a small sharp knife, slice off stem and bottom ends. Stand fruit on a flat end and slice off all peel, pith, and outer membrane in vertical strips, following curves of the fruit. You'll see membranes separating each segment. Slice along membranes on either side to release segments.
- 3 Add orange supremes and the next eight ingredients (through blueberries) to the soup. Cover pot and refrigerate 1 to 2 hours or until soup is cold.
- 4 Just before serving, peel and cut banana into ½-inch pieces. Add to chilled soup. Sweeten to taste with maple syrup.