

FRUIT SOUP
developed by Mr. Majewski (Serves 8~10)

10.2 oz. Instant Vanilla Pudding
16 oz. powdered milk
44 oz. water (for powdered milk) from water used to re-hydrate fruit
Apples
Pears
Peaches
Pineapple
Kiwi
Strawberries (adds good flavor)
other non citrus fruit

At Home:

Dehydrate as much fruit cut up as you might want per person and put in large zip lock bag
Place powdered milk & pudding mix into zip lock bags

At Camp:

1. One hour before dinner, fill zip lock bag with water to re-hydrate fruit
2. At dinner, mix measured water (from water used to re-hydrate fruit) and powdered milk in pot
3. Add pudding mix to milk and stir briskly for 2 min.
4. Add drained fruit to pudding after it thickens a little

UTENSILS:

2 quart pot
mixing spoon
measuring cup or nalgene bottle

WEIGHT:

1.62 lbs.