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Strawberry Soup

Ingredients

125 ml	Vanilla yogurt	1/2	cup
30 ml	Golden Flax Flour	2	Tbsp
65 ml	Sugar, white	1/4	cup
2.5 ml	Vanilla extract	1/2	tsp
125 ml	Water	1/2	cup
500 ml	Fresh strawberries	2	cups
	Garnish		
60 ml	Vanilla yogurt	4	Tbsp
4	Strawberries, sliced	4	
4	Fresh mint sprigs	4	
125 ml	Champagne or sparkling water	1/2	cup

Yield: 4 servings

This soup is so cool and refreshing, you may want to finish every meal with a bowl.

Providing 1.5 g of omega-3 fat and 3.9 g of fibre, this nutrient dense soup is a delicious way to enjoy these amazing berries.

1. Combine the yogurt, flax flour, sugar, vanilla extract and water in a food processor. Blend thoroughly.
2. Add the fresh strawberries. Pulse to chop but do not puree.
3. Divide the soup among 4 serving bowls.
4. In the centre of each bowl, place a tablespoon of yogurt, topped with slices of fresh berry and the sprig of mint.
5. Using a container with a spout, carefully pour 2 tablespoons of champagne or sparkling water around the outside edge of each bowl.
6. Serve immediately.

Nutrient Facts Per

Calories / Calories.	174 kcal
Fat / Lipides	3.7 g
Saturated / Saturés	0.6 g
Trans / Trans	0 g
Cholesterol / Cholestérol	2.3 mg
Sodium / Sodium	33 mg
Carbohydrate / Glucides	30 g
Fibre / Fibres	3.9 g
Sugar / Sucres	24 g
Protein / Protéines	4.3 g
Vitamin A / Vitamin A	0 %
Vitamin C / Vitamin C	91 %
Calcium / Calcium	11 %
Iron / Fer	7 %

