

# RECIPE



## Strawberry Soup with Strawberry Thyme Syrup

### Ingredients

2 pints strawberries  
2 cups plain low-fat yogurt, 2%  
½ cup fresh squeezed orange juice  
1/3 - ½ cup local honey  
½ cup water  
1/8 teaspoon ground cardamom  
1 pint strawberries, washed, hulled, small dice  
¼ cup sugar  
¼ cup chopped, fresh thyme  
Crème fraîche

Using a countertop blender or an immersion blender, combine the first 6 ingredients. Puree until well mixed. Chill.

Wash and hull the 1 pint of strawberries. Dice berries and toss them with the sugar. Add the chopped thyme then cover the bowl with plastic wrap and place it in the refrigerator for at least 2 hours. The sugar will draw out moisture from the berries which in turn makes a sweet strawberry syrup.

Ladle the well chilled soup into individual bowls with a dollop of crème fraîche and a drizzle of strawberry syrup on top. Serves 4 to 6.

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