

Sweet Strawberry Soup (serve hot or cold)

Ingredients

- 5 large Strawberries
- 2 tablespoons lemon juice
- 1 tablespoon milk
- ¼ cup water
- Vanilla liquid Stevia or powdered vanilla to taste
- Dash of cinnamon

Directions

1. Puree strawberries with spices, lemon juice, water and milk.
2. Heat the strawberry mixture in a small saucepan for 3-5 minutes.
3. Serve hot or chilled with a garnish of mint.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
30 calories

PHASE 3 MODIFICATIONS:

Add 3 tablespoons cream cheese, half and half, or cream. Omit the lemon juice. Top with a sprinkle of chopped roasted nuts.

