

Wild Blueberry Soup

Ingredients:

3 cups Wild Blueberries, fresh or frozen
2 cups Water
2 tsp Lemon juice
1/2 tsp Lemon zest
1/4 tsp ground Cinnamon or Cardamom
2 tsp Arrowroot Powder mixed with 2 tbsp Water
3 tbsp Raw Honey, more if needed
Mint (for garnish)

Directions:

In a large saucepan, bring the blueberries, water, lemon juice and zest and cinnamon or cardamom to a simmer. Cook for about 8-10 minutes, until the blueberries are looking soft. While the soup is cooking, mix the arrowroot powder with cold water and add it to the soup. Cook for another 2 minutes, until the soup thickens, then remove from the heat and let cool for 10 minutes. Stir in honey. Serve hot or chilled, with mint leaves for garnish. Leftovers keep in the fridge for up to 3 days.

Serves: 2-4