Creamy Strawberry Soup

This recipe makes about 2 ⅔ cups of soup

Directions:

1. Add the hulled strawberries to a blender or food processor and process until completely smooth and liquidy.
2. Strain the puree to remove the seeds, you should have about 2 cups of strawberry puree when done.
3. Add the puree to a mixing bowl, add the nectar, coconut milk, lime juice and salt. Whisk until the soup is smooth.
4. Pour into 1/3 cup silicone molds and freeze until frozen solid (⅔ cups = 1 serving)
5. Remove from molds, and place on a parchment lined tray, return to freezer until frozen solid again
6. Freeze dry (my cycle time was 36 hours)
7. These can be kept as pucks for fun gifting or powdered for faster rehydration.

Rehydration:
To rehydrate 1 serving, add 2 of the ⅓ cup pucks to a bowl. Add 1/2 cup of cold water to the freeze-dried soup and stir well. Let it sit for 5–10 minutes, adding 1 to 2 tablespoons more water if needed to reach the desired consistency.

Notes:
Freeze-dried fruit soups rehydrate quickly since most ingredients are water-based and blended.
Consider serving with edible flowers like pansies or violas, or fresh mint leaves. Can also add freshly sliced strawberries.

Nutritional Value Per 1 serving
Calories: 110   Protein: 1 g   Fat: 3.5 g   Carbohydrates: 20 g   Sugar: 16 g   Fiber: 1 g

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