

Sour Cherry Soup

Ingredients:

2 tbsp. arrowroot
1 cup crème fresh
Pinch of salt
1 tsp. maple sugar
1 lb. fresh sour cherries, pitted
½ cup honey (can be substituted for coconut sugar or succanat)

Method of preparation:

1. Stir arrowroot with crème fresh, salt and maple sugar until smooth
2. Meantime cook sour cherries in about 2 qts. filtered water with the sweetener of your choice until done.
The cherries should be soft
3. Take a ladle of liquid from the cherry pot and add to the starch mixture and stir well until smooth
4. Once the starch mixture is pourable add to the pot with the cherries and simmer for about 5 minutes
Cover the soup and let it cool. If you keep it covered it will not develop a skin on the top
5. Season to your palate and garnish with fresh mint, basil, sage or any fresh herb of your liking