

SOUP

Chilled Strawberry and Mint Soup

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	5 min	60 min	6	\$1.39	265 kcal

Chilled Strawberry and Mint Soup might be a good recipe to expand your hor d'oeuvre recipe box. Watching your figure? This gluten free recipe has 265 calories, 5g of protein, and 13g of fat per serving. This recipe serves 6.

Ingredients

☐ ½ cup heavy cream (vanilla yoghurt can be substituted)
canned

☐ 4 teaspoons freshly chopped mint leaves

☐ 4 cups fresh strawberries

☐ 1 pint vanilla ice-cream (frozen yoghurt can be substituted)
canned

☐ 4 teaspoons honey

☐ ½ cup sour cream

☐ 4 teaspoons strawberry pucker, optional
(similar to schnapps)

EQUIPMENT Bowl, Blender

Method

- 1 Combine all the ingredients, except the mint, in a blender and mix well
- 2 Refrigerate for at least 1 hour to allow the flavors to blend. Before serving, stir in the chopped mint.
- 3 Pour into soup bowls and serve. This is a great chilled soup or summer drink. Enjoy.

Nutrition per serving

265

KCAL

5 g

PROTEIN

13 g

FAT

34 g

CARBS

Saturated Fat

7.5 g · 47% of daily needs

Fibre

2.6 g · 10% of daily needs

Sugar

28.9 g · 32% of daily needs

Sodium

83.7 mg · 4% of daily needs

Cholesterol

47 mg · 16% of daily needs

Vitamin C

59.2 mg · 72% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chilled-strawberry-and-mint-soup-142868