

Rhubarb, Strawberry & Hibiscus Fruit Soup

Inspired by the strawberry soup at Paris' L'Arpege Restaurant.

INGREDIENTS:

- 1 rhubarb stalk, strings removed and thinly sliced crosswise (see Note)
- 1 quart water
- 6 to 8 tablespoons sugar
- 6 bags rose hip-hibiscus tea
- 1 pint strawberries, hulled and thinly sliced
- A few drops of fresh lemon juice, to taste
- $\frac{1}{4}$ teaspoon vanilla, or to taste

INSTRUCTIONS: Combine the rhubarb, water and sugar in a nonreactive saucepan over medium-high heat. Bring to a

until cooled to room temperature.

Remove the tea bags from the rhubarb mixture and carefully squeeze them over the saucepan to extract all the flavorful liquid, taking care not to break the bags. Discard the bags. Add strawberries, lemon juice and vanilla to the soup. Refrigerate until chilled, at least 2 hours.

Serves 4-6

Note: Using a paring knife, remove the big strings going up and down the rhubarb stalk. This will result in a finer texture once the rhubarb is cooked.

PER SERVING: 65 calories, 0 protein, 16 g carbohydrate, 0 fat