

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## **Strawberry Soup with Pound Cake Croutons**

- 6 cups (1.5 L) just-picked strawberries, cleaned and sliced
- 1 cup (250 mL) plain yogurt
- 1 cup (250 mL) table cream
- 1/4 cup (60 mL) sugar
- 1 teaspoon (5 mL) pure vanilla extract
- 1/2 cup (125 mL) Harbour Estates Winery Fragole (optional)
- 1 slice of pound cake, cut into 1/2-inch cubes
- 6 sprigs fresh mint for garnish

Combine the strawberries, yogurt, cream, sugar, vanilla and fragole in a food processor or blender, process until smooth.

Chill for one hour.

In the meantime, place the pound cake cubes on a baking sheet.

Toast for 6 minutes under the broiler, turning once to brown on 2 sides.

To serve, pour the soup into small chilled bowls and garnish with the toasted pound cake croutons and mint sprigs.



*Recipe courtesy of food writer, Lynn Ogryzlo from her book  
Niagara Cooks, from farm to table  
Photograph courtesy of Jon Ogryzlo  
Episode #66: Strawberries*

*Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)*

**Because What You Put In Your Body Matters!**