

# Blueberry - Thyme Soup with Honey Vanilla Mascarpone

Source: [sharedappetite.com](http://sharedappetite.com)

Prep	Cook	Total
20 min	30 min	50 min

Serving: 8

It is dessert but since it is homemade from quality ingredients you still get your vitamins and minerals in addition to great taste.

## Ingredients

6 cups (about 3 pints) fresh blueberries

2 cups water

$\frac{3}{4}$  cup sugar

1 lemon zested

1 tablespoon fresh thyme *finely chopped*

Pinch Kosher Salt

8 ounces mascarpone cheese

1 tablespoon honey

1 teaspoon vanilla extract

$\frac{1}{2}$ -1 lemon juiced

**Fresh Blueberries**

**Crushed Graham Crackers** or *Crushed Shortbread Cookies, optional*

## Directions

In a medium pot, add the blueberries (keep a few of the blueberries to the side for garnish), water, sugar, zest of one lemon, fresh thyme, and a dash of salt. Stir to combine.

Bring the pot to a boil over medium heat then lower to a gentle simmer, stirring occasionally. Cook until the blueberries start to break down and the mixture thickens slightly, approximately 20-30 minutes,

Allow blueberry mixture to cool, then transfer to a blender (or use one of those fancy immersion blenders I love so much). Puree until smooth (make sure if the mixture is still warm while blending, hold the top of the blender down to prevent the steam from popping the lid off... not a fun mess to clean up!).

Place a fine-mesh sieve over a bowl. Transfer the blueberry mixture from the blender into the sieve (in



**Directions** *(cont.)*

batches if your sieve doesn't hold the full amount). Use a spoon or spatula and stir the mixture through the sieve, discarding the solids. Chill the soup until ready to serve (up to a day ahead of time).

Before serving, make the Honey Vanilla Mascarpone. Combine the mascarpone cheese, honey, vanilla extract, and the juice from 1/2 lemon. Stir to combine and taste. If you taste a hint of lemon, you're good. If you prefer a little more lemon taste, add the juice from the other 1/2 of lemon.

To plate, add the blueberry soup, a dollop (or quenelle, if you want to be fancy) of the honey-vanilla mascarpone, a couple fresh blueberries, and a sprinkle of the crushed graham crackers/shortbread cookies (optional).

**Nutritional Information**

Amount Per Serving (8 Servings)

**Calories:** 246 **Protein:** 3 g **Sugar:** 33 g **Carbohydrate:** 40 g **Fat:** 10 g **Cholesterol:** 31 mg **Sodium:** 122 mg **Fiber:** 3 g