

Okroshka: Cold Kefir Soup From Russia

Prep Total
10 min 10 min

Serving: 3

Cold soups are light and refreshing and so easy to make for a go-go lunch. Fermented foods are found in most traditional cultures as a means to support digestion and overall health.

This is a nutritional powerhouse recipe: 38% of your daily calcium, 20% of magnesium, 27% each of potassium and zinc, 67% of phosphorus, over 50% of the RDA for vitamins B12, B2, B6 + much more.

Checkout the Cultures for Health website for inspiration and tools.

Ingredients

- ¼ cup finely chopped scallions
- ¼ cup finely chopped dill
- 1 small bunch radishes *cut in half and thinly sliced*
- 1 small cucumber *peeled and cut into small dice*
- 4 hard-boiled large eggs *cut into small dice*
- 2 midsize boiled waxy potatoes *(red or golden) cut into small dice*
- 3 cups plain milk kefir *(try goat kefir)*
- 1-2 cups water
- Salt and pepper to taste

Directions

Combine chopped scallions, dill, radishes, cucumber, eggs, and potatoes in a medium bowl.

In a separate bowl combine kefir and water until desired consistency, remembering that the end result is a soup, not a salad.

Pour kefir-water mixture over vegetables and season to taste with salt and pepper.

Nutritional Information

Amount Per Serving (3 Servings)

Calories: 371 Protein: 21 g Sugar: 15 g Carbohydrate: 41 g Fat: 15 g Cholesterol: 280 mg Sodium: 312 mg Fiber: 4 g

