

Jobs offers this recipe for Chilly Cherry Soup excerpted from her book **Sensational Stevia Desserts:**

### **Chilly Cherry Soup**

Serving Size: 1 cup (8 oz.) • Total Servings: 4 (32 oz.)

*3 cups (24 oz.) pitted, unsweetened, dark red cherries (fresh or frozen)\**

*1/2 cup Whipped Cream Topping (see recipe below)*

*2 cups water*

*1 1/2 Tbsp. unbleached flour*

*1/4 cup balsamic vinegar*

*1/8 tsp. stevia extract (this is the minimum to add, more based on your sweetness preference)*

*1/2 tsp. ground cinnamon*

If using fresh cherries, wash and dry cherries. Remove pits.

If using frozen cherries, thaw cherries for about 30 minutes.

Drain over a bowl saving any juice.

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First, make this Whipped Cream Topping and set aside.

Serving Size: 2 Tbsp. • Total Servings: 16

*1 cup heavy cream*

*1/4 tsp. stevia extract (minimum to add, more based on your sweetness preference)*

*1/4 tsp. vanilla extract*

Whip the heavy cream for about 1 minute with electric or hand mixer. Add stevia extract and vanilla and beat until stiff peaks form. Serve immediately or place in refrigerator in airtight container-will keep for a few days.

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Using a blender or food processor, puree the cherries while gradually adding water until the mixture is almost all liquid and only very small cherry chunks are apparent. Be sure to add only enough water to cherries to make 2 cups of cherry/water mix. Sift flour in small bowl to eliminate any small chunks.

Pour cherry liquid into a saucepan. Add flour, vinegar, stevia and cinnamon. Cook over high heat, stirring constantly, until mixture begins to boil. Reduce to medium heat until slightly thickened. Then, remove from heat and add the whipped cream. Stir thoroughly.

Place cherry soup in a bowl and refrigerate for 30 minutes to 1 hour. When ready to serve, pour into four soup bowls and add extra whipped cream on top with a sprig of mint or dash of cinnamon for garnish.

**Nutrition Facts/Serving**

Calories 189

Carbohydrates 31g

Total Sugars 29g

Fiber 4g

Fat 6g

Cholesterol 21g

Sodium 15mg

Protein 3g

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