**Cold Blueberry Soup - A Recipe from Finland**



Preparation time:  30 mins

Cook time:  10 mins

Total time:  40 mins

Serves: 1

**Ingredients**

* 1.5 cups / 225 grams blueberries
* ¾ cups water
* 1 tsp lemon juice
* ½ tsp cinnamon
* ¼ cardamon
* Pinch of salt

**Method**

1. Bring water, blueberries, lemon juice, cinnamon, salt and cardamon to boil in a small sauce pan
2. Reduce to low-medium heat and let it simmer for 10 min
3. Remove pan from stove and mash most of the blueberries using a fork
4. Let it cool to room temperature or put it in the fridge for 30-60 min
5. Serve cold or at room temperature in a bowl with rice pudding, porridge, coconut cream or whatever you like! In Finland we traditionally serve it with rice pudding.