

# Soup for Dessert – Rose Hip Soup (Nypon Soppa)

Yield: 5 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-ginger-chinese-recipe>

## Ingredients:

- 9 rose hip tea bags or three tablespoons of loose rose hip tea
- 1 quart water
- 1 cinnamon stick
- 1/4 cup potato starch or corn starch
- 1/4 cup sugar
- 1 vanilla bean
- greek yogurt or vanilla ice cream, to taste
- slivered almonds to taste

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 35 milligrams
9. Sugar: 13 grams

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