

# Peach Soup

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-southern-living-peach-pie-recipe-2011>

## Ingredients:

- 3 peaches large, ripe
- 1 teaspoon canela
- 1 teaspoon salt
- 1/2 cup water
- 1 tablespoon honey
- 1 tablespoon fresh mint
- 2 tablespoons plain yogurt
- 1/2 lime
- mint sprig optional
- crème fraîche optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1210 milligrams
9. Sugar: 29 grams

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