

COLD BEET SOUP

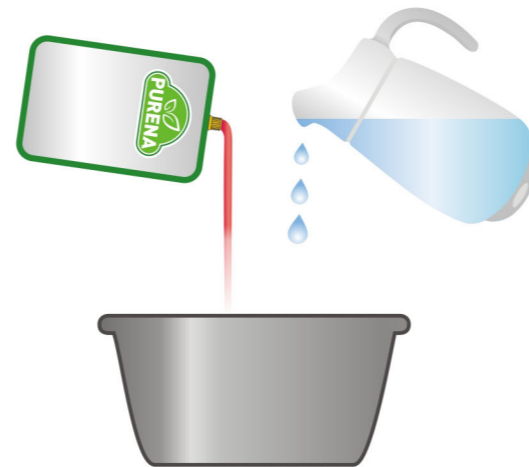
DIRECTIONS:

Ingredients for 3 servings (800 ml):

- 350 g of the PURENA beetroot condensed cream soup
- 300 ml of cold water
- 150 g of natural yoghurt
- 3 radishes
- 1 green cucumber
- dill



1



Pour the cream soup into a pot and pour it over with cold water.

2



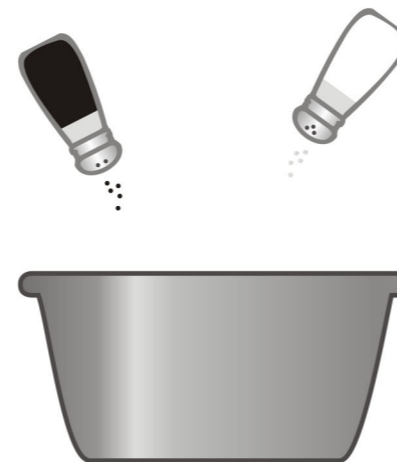
Mix well with a whisk.

3



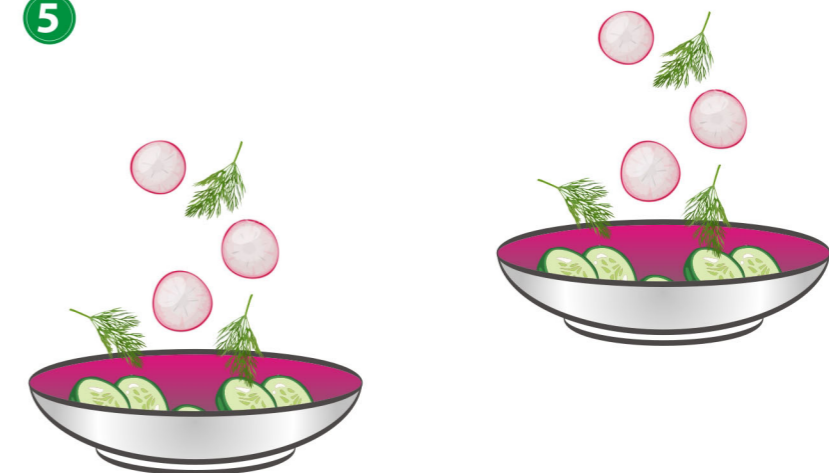
Add the natural yoghurt and mix again.

4



Season with salt to add some flavour if necessary.

5



Serve with radishes, cucumber and chopped dill.

Nutrition info:

100 g
66 kcal

1 serving
175 kcal

Consume the prepared dish within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.