

# Cream of asparagus soup

Savoury

level 

 1

 25 min



## Ingredients

200 ml	Fresubin Energy DRINK Neutral
140 g	asparagus, fresh or frozen
25 g	flour (2 heaped teaspoons)
20 g	butter
20 ml	cream (30% fat) (2 tablespoons)
	nutmeg, salt, white pepper, lemon juice

## Nutritional information per serving:

Energy	.....	623 kcal
Protein	.....	17.2 g
Fat	.....	35.0 g
Carbohydrate	....	59.0 g
Fibre	.....	3.0 g



## Alternative products:

Fresubin® 2 kcal/Fibre DRINK

## Preparation

Peel asparagus, cut it into small pieces and cook in lightly salted water (approx. 100 ml). Add Fresubin Energy DRINK Neutral.

Make a roux with butter and flour, add to the soup and boil up for a short time, stirring constantly.

Season to taste.

### TIP:

Use herbs or mushrooms as a garnish.