

# Buttermilk Soup

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*2 quarts sweet milk  
1 quart buttermilk  
3 eggs  
flour  
pinch salt (optional)*

In a saucepan, heat the milk to a simmering point. Add the buttermilk.

Break the eggs into a bowl. Stir in enough flour to make a batter (similar to sponge cake consistency).

Drop the batter by teaspoonfuls into the slowly cooking milk mixture. Stir occasionally to keep the batter from becoming one big lump.

Remove from the heat immediately after the last teaspoonful has been added.

Add a pinch of salt, if desired.

Serve hot or cold.

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Per Serving (excluding unknown items): 618 Calories; 24g Fat (34.7% calories from fat); 51g Protein; 48g Carbohydrate; 0g Dietary Fiber; 670mg Cholesterol; 1238mg Sodium. Exchanges: 2 1/2 Lean Meat; 4 Non-Fat Milk; 2 Fat.