Peel and dice the beetroot and the onion. Chop the prunes.

Heat the oil in a large saucepan. Sweat the beetroot and the onion in the oil for a few minutes. Add the vegetable stock and half the prunes. Cover and cook over a medium heat for approx. 20 minutes. Add the sour cream and blend with a hand blender until smooth. Add lemon juice, salt, pepper and cumin to taste.

Wash the rocket leaves, dry in a salad spinner and chop finely. Chop the walnuts finely too, putting 1 tbsp to one side. Mix chopped rocket leaves and walnuts with the double cream cheese and the remaining prunes to form a firm dough. Use two teaspoons to form the dough into small dumplings. Pour the soup into bowls or soup plates, add the dumplings to the soup, sprinkle with the remaining chopped walnuts and serve.

**Ingredients**
- 500g beetroot
- 1 onion
- 120g SUNSWEET® prunes
- 1 tbsp olive oil
- 800ml vegetable stock
- 150g sour cream
- A dash of lemon juice
- Salt and pepper
- A pinch of cumin
- ½ bunch of rocket leaves, 20 g
- 50g walnut kernels
- 100g double cream cheese

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3. Wash the rocket leaves, dry in a salad spinner and chop finely. Chop the walnuts finely too, putting 1 tbsp to one side. Mix chopped rocket leaves and walnuts with the double cream cheese and the remaining prunes to form a firm dough. Use two teaspoons to form the dough into small dumplings. Pour the soup into bowls or soup plates, add the dumplings to the soup, sprinkle with the remaining chopped walnuts and serve.

**Tip:** To save time, use 500g pre-cooked, vacuum-packed beetroot from the salad section of the supermarket. You could also serve the soup with some fresh rocket leaves. Drizzle with some walnut or olive oil.

**Calcium Recommended Daily Intake**
7%

**Nutritional Information**
- Calories: 450
- Calcium: 86mg
- Protein: 4g
- Vitamin D: 0 IU

**Time**
35min

**Servings**
4

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