

Healthy Recipe: Cucumber, Yogurt & Wheat Berry Soup

The light creamy texture is irresistible.

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The light, creamy texture of this Cucumber, Yogurt & Wheat Berry Soup combined with its chewy wheat berries is irresistible. And that little bite of lemon and mint? Delicious.

4 servings

9 ingredients

20 minute prep

Ingredients

- ½ cup wheat berries, preferably soaked overnight
- 1½ cups chopped, peeled and seeded cucumber
- 1 bunch spinach leaves, washed
- Salt, to taste
- 1 to 2 cloves of garlic, peeled
- 1 teaspoon cumin seeds, toasted
- 3 cups Greek yogurt
- ½ a lemon, juiced
- Fresh mint, chopped

Directions

1. Boil the wheat berries until tender and chewy, about 30 minutes if presoaked, or 50 minutes if not. Drain and set aside to cool.

2. Put the chopped cucumber into a strainer and sprinkle with salt. Let sit for 20 minutes to drain excess water.
3. Drop the spinach into a pot of boiling water, cook for 1 minute until bright green and wilted. Run under cold water and squeeze out excess water. Chop and set aside.
4. Chop the garlic with a generous pinch of salt, until it becomes a paste. Add the toasted cumin seeds and continue to chop. Transfer to a bowl and stir in the yogurt and 1 cup of water, until smooth. Stir in the wheat berries, cucumber, lemon juice, and mint.
5. Let chill for at least 2 hours and stir in the spinach right before eating.

Chef Tips

If you can't easily find wheat berries, use either pearl couscous or barley as a substitute, cooked as per packet.

When it's hot, and I'm looking for a no-cooking situation, I just soak 1/2 cup farro, and pour boiling water from my tea kettle over the baby spinach to wilt it.

Nutrition Facts (per serving)

Calories: 69; Fat: 4g; Saturated Fat: 2g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 0g; Carbohydrates: 4g; Sugar: 3g; Fiber: 0g; Protein: 5g; Sodium: 172mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [**Oncology Nutrition for Clinical Practice, 2nd Ed.**](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [**Academy of Nutrition and Dietetics**](#), and the [**American Institute for Cancer Research**](#) and the [**American Cancer Society**](#).

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