



CHILLED MIXED BERRY SOUP

Yield: 13 Servings

Ingredients

- 12 ounces Fresh Strawberries
- 6 ounces Fresh Raspberries
- 6 ounces Fresh Blueberries
- 2 cups Apple Juice
- ¼ cup Lemon Juice
- 1 cup Water
- ½ cup Granulated Sugar
- ¼ teaspoon Ground Nutmeg
- 2 teaspoons Lemon Zest
- 3 cups Plain, Nonfat Greek Yogurt
- ½ teaspoon Fresh Mint

Procedure

1. In a saucepan, combine berries, juices, water, sugar and nutmeg. Cook over medium-low heat, uncovered, for 15 minutes, or until the berries are soft.
2. Strain mixture, pressing through a fine mesh strainer. Discard seeds and reserve the juice.
3. Add lemon zest to the strained juice and chill.
4. Once chilled, add berry mixture and yogurt to blender. Blend until smooth.
5. Garnish with mint and serve.

Nutrition Facts	
Serving size	6.1 oz. (173 g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 3mg	0%
Sodium 22mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Total Sugars 16g	
Includes 9g Added Sugars	20%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 0mg	0%
Potassium 190mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

