

Chilled Blueberry Soup

Rating: ★★★★★

Prep time: 10 minutes

Makes: 4 Servings

This refreshing and beautiful quick, summer soup features a blend of blueberries, apple juice, and low-fat yogurt, and is garnished with fresh mint leaves.

Ingredients

- 2 cups** fresh blueberries (2 6-oz containers)
- 1 cup** 100% apple juice
- 1 1/2 cups** plain low-fat yogurt
- 1 teaspoon** cinnamon
- Fresh mint leaves for garnish

Directions

1. Rinse blueberries and set aside a few for garnishing.
2. Blend all ingredients in food processor or blender.
3. Serve immediately.
4. Garnish with mint leaves and blueberries, if desired.

Notes

Serving Suggestions: Serve with grilled salmon fish fillet (about 3-4 oz), asparagus, and water with lemon slice.

Produce for Better Health Foundation



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	5 g	
Carbohydrates	28 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	NA	
Sodium	65 mg	3%

MyPlate Food Groups

Fruits	3/4 cup
Dairy	1/4 cup