

COOL SUMMER BERRY SOUP

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 208

Total Fat: 1.4 g

Saturated Fat: 0.5 g

Sodium: 33 mg

Total Carbohydrate: 48.4 g

Dietary Fiber: 0 g

Protein: 3.6 g

Ingredients

2 cups fresh raspberries

2 cups halved fresh strawberries

½ cup light cranberry-raspberry juice

½ cup dry white wine

¼ cup sugar

1/8 teaspoon cinnamon

8 oz strawberry low-fat yogurt



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HEALTHCARE

Directions

Place first 3 ingredients in a blender, and process until smooth. Strain mixture through sieve into a medium sauce pan. Stir in wine, sugar, and cinnamon. Bring to boil over medium heat; cook 2 minutes. Remove from heat. Place in large bowl; chill 3 hours. Stir in yogurt. Divide into 4 bowls. Garnish with additional berries or mint sprig. Serve as a starter, side, or dessert!