



Chilled Berry Soup



3 cups orange juice
 3 cups nonfat plain yogurt or buttermilk
 1 – 2 tbsp. fresh lemon or lime juice

1 – 2 tbsp. sugar or honey
 2 – 3 cups berries (any kind
 or any combination)

Optional: a dash of cinnamon or nutmeg / a few sprigs of fresh mint for garnish

1. Whisk together orange juice and yogurt. Add lemon or lime juice and sugar or honey to taste. Cover and chill until serving time.
2. When you are ready to serve, place about a ½ cup of the berries in each bowl. Ladle the soup on top. If desired, dust very lightly with cinnamon and/or nutmeg, and garnish with a few small sprigs of mint. Makes 4-6 servings.

Note: Frozen berries work very well in here, so you don't need to wait for perfectly fresh ones. Blue-, black-, rasp-, and strawberries can all be found in frozen unsweetened form in the supermarket. Frozen berries give off generous amounts of pure berry juice as they defrost, you can also include all of it in the soup.

Nutrition Facts	
Serving Size (375g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 49g	16%
Dietary Fiber 3g	10%
Sugars 43g	
Protein 8g	
Vitamin A 6%	• Vitamin C 220%
Calcium 25%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	