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Chilled Blueberry Soup

Source: What's Cooking

Serving size: 1 cup **Servings per recipe:** 4

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
 1 cup 100% apple juice
 1 1/2 cups plain low-fat yogurt
 1 teaspoon cinnamon
 Fresh mint leaves for garnish

Materials

food processor or blender, measuring cups and spoons

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.

Calories	140
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	65 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Total Sugars	24 g
Added Sugars included	4 g
Protein	5 g
Vitamin D	0 mcg
Calcium	180 mg
Iron	0 mg
Potassium	338 mg

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