

Chilled Blueberry Soup

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

Makes: 4 Servings
Prep Time: 10 minutes

Source: Modified from a What's Cooking? USDA Mixing Bowl recipe

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 (optional)

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.

Utensils Needed

- Food processor or blender
- Measuring cups
- Measuring spoons



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	140
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	65 mg
Total Carbohydrates:	28 g
Dietary Fiber:	2 g
Total Sugars:	24 g
Added Sugars:	0 g
Protein	5 g

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$6.28

Average cost/serving: \$1.57

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Blueberries, 1 pint



Add 1 to Cart
Nonfat Plain Yogurt, 32 oz



Add 1 to Cart
100% Apple Juice



Add 1 to Cart
Ground Cinnamon

SAVE TIME, SAVE MONEY

Shopping Tips

- Make sure to buy 100% apple juice with no added sugar.
- Save money by purchasing fresh blueberries during the summer months (June-August) when they are in season.

Similar Recipes

- Consider trying other recipes with blueberries found on snapedny.org, such as:
 - Blueberry Salsa
 - Berry Yogurt Bark
 - Blueberry Bling
 - Blueberry Muffins
 - Blueberry Thyme Fruit Salad

My Cooking Notes