

# COOL SUMMER BERRY SOUP

*Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 1 cup

## Nutrition (per serving)

Calories: 208	Total Carbohydrate: 46 g
Total Fat: 1.4 g	Dietary Fiber: 0 g
Saturated Fat: 0.5 g	Protein: 3.6 g
Sodium: 33 mg	

## 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

## 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!