

Blueberry Soup

Serves: 4

Ingredients

1 bag (16 oz.) fresh blueberries
2 cups fat-free or low-fat buttermilk
 $\frac{1}{2}$ - $\frac{3}{4}$ cup orange juice, or to taste
2 Tbsp. honey, or to taste
Zest of 1 navel orange
 $\frac{1}{2}$ tsp. cinnamon (optional)

1 cup diced fresh fruit (strawberries,
peaches, nectarines, mango, or a
mixture of any or all)
 $\frac{1}{2}$ cup reduced-fat sour cream
1 tsp. sugar
12 small mint leaves, for garnish
(optional)

In a blender, puree blueberries and half the buttermilk until completely smooth. Add remaining buttermilk, orange juice, honey, zest, and cinnamon (if using). Process until mixture is smooth. Chill soup at least 30 minutes or overnight.

About 30 minutes before serving, remove soup from refrigerator and let stand. Just before serving, divide fruit among 4 shallow soup bowls. Pour soup into each bowl.

In a cup, mix sour cream with sugar and place a spoonful in the center of each bowl of soup. Top each serving with 3 mint leaves. Serve immediately.

Per serving: 210 calories, 6 g total fat (3 g saturated fat), 37 g carbohydrate, 6 g protein, 4 g dietary fiber, 143 mg sodium.