

A Fruit Feast Before Fall!

Grab those late summer fruits and indulge in a low-fat summer favorite – Fruit Soup! Serve it as a light first course or as a dessert with a slice of angel food cake.

This soup is packed with the antioxidants of blueberries and blackberries, which are also good sources of vitamin K. Strawberries add to your vitamin C fix and the yogurt is a delicious way to get some of your daily dairy, calcium and protein. If you cannot find all the fruits at the market, check out the frozen fruit section.

Delectable Fruit Soup

(serves 10)



3 cups strawberries, hulled
3 medium nectarines
3 medium plums
2½ cups blueberries
1 ½ cups fresh orange juice
6 TBS. sugar
½ tsp. cinnamon
2/3 cups raspberries
1 cup blackberries
1¼ cups plain, nonfat yogurt
Fresh mint sprigs for garnish

- Cut large strawberries into quarters; small ones in half. Set aside ½ cup in a bowl – the remainder in a stockpot.
- Pit plums, cut into chunks and add to stock pot.
- Place 1 cup blueberries in bowl with strawberries – the remainder in the stockpot.
- Add orange juice, sugar, cinnamon and 3 cups water to fruit in stockpot.
- Bring to boil over high heat.
- Reduce heat to medium and simmer till fruit is broken down and mixture is soupy – about 15 minutes.
- Remove pot from heat and puree in food processor or pass through a food mill fitted with a small holed disk into a large bowl.
- While still hot, add the set aside fruit and gently stir in raspberries and blackberries.
- Let stand until cool. Cover and refrigerate until cold.
- Serve chilled with 2 TBS. yogurt and sprig of mint.

Per serving: 159 calories, 1 g fat, 1 mg cholesterol, 37 g carbohydrates, 25 mg sodium, 3 g protein, 4 g dietary fiber