

Strawberry Soup

Prep time: 5 minutes

Ready in: 2 hours, 5 minutes

Serving Size: 5 servings

Ingredients:

- 2 pints of strawberries
- 2 cups plain yogurt
- ½ cup orange juice
- ½ cup white sugar
- ½ cup water



Directions:

1. Using a blender, place the 2 pints of strawberries, 2 cups of yogurt, ½ cup of orange juice, ½ cup of sugar, and ½ cup of water into the container
2. Puree until well mixed
3. Chill for 2 hours and serve

****Tip:** Strawberries are among the top 20 fruits in antioxidants. They are packed with fiber, vitamins, polyphenols (antioxidants) and are a good source of manganese and potassium. Strawberries also protect your heart; increase HDL cholesterol (good cholesterol), guard against cancer and help lower your blood pressure. About 8 strawberries provide more vitamin C than an orange!

Nutrition Facts (per serving):

Calories: 180

Total Fat: 0g

Cholesterol: 2mg

Sodium: 77mg

Total Carbohydrate: 41g

Fiber: 2g

Sugar: 33g

Protein: 7g

Attributed to Michelle at allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student
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