

Strawberry Soup

Number of Servings: About 4

Ingredient	Nutrients per serving
------------	-----------------------

1 quart	Fresh strawberries
8 oz.	Low fat vanilla yogurt
1/8 tsp.	Cinnamon, ground
1 each	Orange, juice only
4 each	Fresh mint leaves

Nutrition Facts	
Serving Size About 1 Cup (222g) Servings Per Container About 4	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 3g	
Vitamin A 6%	• Vitamin C 160%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

1. Wash and stem berries.
2. Place all ingredients in food processor or blender and puree until smooth.
3. Chill and serve.

This recipe can be part of a well balanced food plan.

Recipe By: Amy Fanjoy MS, RD, LDN