



Chilled Blackberry Soup

A favorite summertime treat is chilled blackberry soup, which takes advantage of the berries that are so plentiful this time of year.

Ingredients 2 cups blackberries
juice of 1 fresh lemon
1 large container low-fat vanilla yogurt
3/4 to 1 cup low-fat sour cream
sprinkling of cinnamon
mint sprigs

Tools Large bowl
Strainer
Blender

Preparation

Sprinkle berries with lemon juice and let sit for 20 minutes, then process in a blender. Put through a sieve or cheesecloth to remove seeds. Combine berry pulp with remaining ingredients and chill for at least one hour. Serve garnished with mint sprig. Serves 4.