

Chilled Fruit Soup To Go with Yogurt



soups

POINTS® Value: 2

Servings: 2

Preparation Time: 10 min

Cooking Time: 0 min

Level of Difficulty: Easy

Keep your fruit soup chilled all day in a thermos until you're ready for a refreshing midday pick-me-up packed with antioxidants.

Ingredients

1/2 cups strawberries, hulled and sliced

1/2 cup blueberries

1/2 cups raspberries

1/2 cup blackberries

1 cup Tropicana Light 'N Healthy Orange Juice Beverage with Calcium

1/2 medium apple(s), unpeeled, diced

6 oz Weight Watchers Vanilla Nonfat Yogurt

Instructions

Combine all berries and orange juice beverage in a food processor. Purée on medium-high power until semi-smooth and liquified. Stir in diced apple and yogurt until fully incorporated. Transfer to a thermos or plastic container with a secure lid. Keep fruit soup chilled until ready to eat. Yields about 1 1/2 cups per serving.