



Strawberry Soup

Ingredients

- 2 pounds frozen strawberries (about 3 cups)
- 16 ounces half and half
- 5 ounces plain Greek Yogurt (I used 2% fat)
- 2 tablespoons sweetener of choice (I used granulated sugar)

Instructions

- Add half and half, yogurt and sweetener to blender. In small batches, add frozen strawberries and blend until smooth. Gradually keep adding strawberries until all ingredients are well blended. If you have a very powerful blender or food processor, you may be able to add all the strawberries at once. Alternatively, you can defrost the strawberries overnight in the refrigerator and add them all at once to your blender.
- Serve soup chilled.

MAKES 6 SERVING. NUTRITION PER SERVING:
CALORIES: 190 | CARBOHYDRATES: 20G |
PROTEIN: 6G | FAT: 10G | FIBER: 3G

ADAPTED FROM 40 APRONS