

## **Chilled Blueberry Soup | May 2009**

Yield: Makes 6 servings

Active Time: 30 minutes Total time

This recipe is a very elegant desert. My children love this desert and I love using it as a sauce and poring over frozen yogurt.

### ingredients

2 tsp stevia

1/4 cup honey

Juice of 1 orange (or 1/4 cup store-bought orange juice)

1 cup fruity white wine (or apple juice)

1 cup water

2 cups fresh blueberries (or frozen ones, thawed, with their juice)

2 cup plain yogurt

1 tsp vanilla

### preparation

1. In a deep saucepan, bring Stevia and honey, orange juice, wine or apple juice, and 1-cup water to a boil. Boil for 3 minute, stirring.
2. Add the berries and cook 4 minute longer.
3. Remove from heat and let cool completely for approximately 20 minutes in an ice bath. What is an Ice bath: Setting the hot pot into a clean sink or large bowl filled with ice around the outside of the pot. Make sure you do not get any water or ice into blueberry mixture.
4. Purée the blueberry mixture and chill. Pour it into desert bowls and swirl in the yogurt just before serving or mix completely with the yogurt and garnish by toping with a little dab of plain yogurt and a mint leaf.

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