

Fresh Strawberry Soup

This soup is wonderfully sweet and full of strawberry flavor.

Yield: 4 servings (serving size 1 cup)



Preparation:

Wash, hull and halve the strawberries. Peel and core the apples, then dice them. Add the diced apples to the container of a blender or food processor and purée. Strain through a fine sieve. In similar fashion, purée and strain the strawberries. Pour the purée into a medium-size bowl and stir in the orange juice, red wine and yogurt. Add the apple purée, mixing thoroughly to combine. Sweeten with fructose, if desired, and chill thoroughly. Garnish with fresh mint leaves.

Ingredients:

2 pints fresh strawberries
4 Granny Smith apples
1 cup fresh orange juice
1 cup red wine
1 cup plain non-fat yogurt
Liquid fructose, to taste (optional)
Fresh mint leaves

Nutritional Data Per Serving:

Calories: 226

Fat: 1 gram (4% of calories)

Cholesterol: 1 milligram

Sodium: 51 milligrams

Nutritional and Heart Healthy Benefits:

Strawberries – Contain powerful disease fighting antioxidants that may help reduce inflammation associated with hardening of the arteries and reduce certain risk factors for heart disease.

Red Wine – Studies suggest a moderate amount of red wine may help raise HDL cholesterol (good cholesterol) and prevent LDL cholesterol (bad cholesterol), and also prevent blood clots and reduce blood vessel damage caused by fat deposits.

Yogurt – Women who eat yogurt daily have shown increases in good cholesterol.

Apples – Frequent apple eaters have lower risks of coronary heart disease, cardiovascular disease and strokes than non-apple eaters.

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