



Strawberry-Cantaloupe Soup

Ingredients:

1/2 medium cantaloupe; peeled, seeded, and cut into chunks
1 cup fresh strawberries or raspberries
1 small ripe banana; peeled, and cut into thick slices
1/2 cup unsweetened pineapple juice
1/2 cup nonfat or regular vanilla yogurt

Directions:

In food processor or blender, process cantaloupe, berries, banana and juice until smooth. Add yogurt. Process until well combined. Serve immediately, or cover and chill until serving time. This recipe yields three one cup servings.

