

# Creamy Blueberry Bisque

*Stonyfield Farm*

*Brand Name Light & Natural Cookbook (1996)*

## Servings: 6

*2 cups fresh blueberries*  
*2 cups water*  
*1/3 cup granulated sugar*  
*1 tablespoon brown sugar*  
*1 stick cinnamon*  
*1 lemon, thinly sliced*  
*2 cups nonfat plain yogurt*  
*1 cup apple juice*  
*nonfat plain yogurt (for garnish)*

Reserve a few blueberries for garnish.

In a saucepan, place the remaining blueberries, water, granulated sugar, brown sugar, cinnamon and lemon. Simmer, uncovered, for 15 minutes. Drain through a sieve into a bowl underneath.

Chill the sieved liquid.

Just before serving, whisk together the liquid, yogurt and apple juice. Garnish each serving with a spoonful of yogurt and a few berries.

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Per Serving (excluding unknown items): 142 Calories; trace Fat (2.5% calories from fat); 5g Protein; 32g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 66mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1/2 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	142
% Calories from Fat:	2.5%
% Calories from Carbohydrates:	84.6%
% Calories from Protein:	12.8%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	32g
Dietary Fiber (g):	2g
	5g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	0
	0
	1

**Protein (g):**  
**Sodium (mg):** 66mg  
**Potassium (mg):** 310mg  
**Calcium (mg):** 176mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 60IU  
**Vitamin A (r.e.):** 7RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 1  
**Non-Fat Milk:** 1/2  
**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 142 Calories from Fat: 4

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	66mg	3%
<b>Total Carbohydrates</b>	32g	11%
Dietary Fiber	2g	8%
<b>Protein</b>	5g	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	21%
<b>Calcium</b>	18%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.