

Chilled Raspberry-Chile Soup

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Servings: 6

Preparation Time: 15 minutes

Chill: 1 hour

4 cups fresh raspberries

4 ripe bananas, peeled and cut up

1 cup fresh orange juice

1 carton (6 ounce) plain low-fat yogurt

2 tablespoons agave syrup or corn syrup

2 fresh jalapeno peppers, minced

whole or sliced fresh raspberries (optional)

sliced fresh jalapeno or serrano peppers (optional)

In a blender, combine the raspberries, bananas, orange juice, yogurt and syrup.

Cover and blend until smooth.

Stir in the minced jalapeno peppers. Refrigerate at least one hour.

Serve the soup in small bowls.

Garnish with raspberries and sliced chiles, if desired.

Per Serving (excluding unknown items): 86 Calories; 1g Fat (11.5% calories from fat); 3g Protein; 17g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 29mg Sodium. Exchanges: 1 Fruit; 0 Non-Fat Milk; 0 Fat.