

Green Apple Smoothie Soup

Publix Aprons

Servings: 4

Preparation Time: 20 minutes

Refrigeration Time: 30 minutes

3 cartons (6 oz) low-fat vanilla yogurt

2 medium Granny Smith apples, peeled, cored and cut up

1 medium cucumber, peeled, halved, seeded and cut up

3/4 cup apple juice or apple cider

1 tablespoon packed fresh mint leaves

1/4 teaspoon salt

fresh mint (optional)

In a food processor or blender, combine yogurt, apples, cucumber, apple juice, mint leaves and salt. Cover and blend until mixture is nearly smooth. (If container is too full, blend half of the mixture at a time.)

Chill for 30 to 60 minutes before serving. Serve in soup bowls.

Garnish with additional fresh mint, if desired.

Per Serving (excluding unknown items): 41 Calories; trace Fat (3.3% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit.