

Fresh Blueberry Soup

Susan McEwen McIntosh

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1 1/2 cups fresh blueberries

1 1/4 cups unsweetened grape juice

1 cup water

1 stick (3-inch) cinnamon

2 teaspoons sugar

1 tablespoon cornstarch

1/4 cup water

1/4 teaspoon ground cardamom

In a medium saucepan, combine the blueberries, grape juice, water, cinnamon and sugar. Bring to a boil. Cover and reduce the heat. Simmer for 5 minutes.

In a bowl, combine the cornstarch and 1/4 cup of water, stirring until blended. Stir the cornstarch mixture and cardamom into the soup. Cook, stirring constantly, until the mixture is thickened.

Remove the soup from the heat and let cool. Cover and refrigerate until thoroughly chilled.

Remove the cinnamon stick before serving.

Yield: 3 1/4 cups

Per Serving (excluding unknown items): 204 Calories; 1g Fat (4.3% calories from fat); 2g Protein; 52g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 1 Grain(Starch); 2 Fruit; 0 Fat; 1/2 Other Carbohydrates.