Fantastic Fruity Soup

This non-traditional soup is served cold, and provides calcium and vitamin C. Enjoy this on a warm day as a refreshing and satisfying after-school snack.

Serves 4

Ingredients

- 2 cups plain, low fat yogurt
- 2 cups orange juice
- 1 tablespoon lemon juice
- ½ tablespoon honey
- ½ teaspoon cinnamon
- 1 banana
- 1 cup frozen berries, thawed

Directions

1. In a large bowl, whisk together yogurt, juices, honey and cinnamon.
2. Cut banana into bite size pieces.
3. Mix berries and banana into yogurt mixture and serve.