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

Nutrition Facts

Serving Size about 1 cup
Servings Per Recipe about 4

Amount Per Serving

Calories 180	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 85mg	**4%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 2g	**8%**
Sugars 27g	
Protein 7g	

Vitamin A 10% • Vitamin C 120%

Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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.

HEALTHY YOUTH PROGRAM
Oregon State University
POWERED by ORANGES
LPI
LINUS PAULING INSTITUTE
Fitness & Nutrition!