



Strawberry-Buttermilk Soup

2 pints fresh strawberries
3/4 cup orange juice
4 1/2 cups low-fat buttermilk or plain non-fat yogurt
Mint sprigs, optional

Rinse and hull strawberries. Place in a blender; process until smooth. Transfer into a large bowl. Stir in orange juice and sugar. Continue stirring until sugar dissolves. Stir in buttermilk or yogurt. Refrigerate several hours before serving. Spoon into soup bowls or mugs and garnish with mint sprigs, if desired.

June 14, 2012