



Blueberry Soup

Fresh and not too sweet, this dish makes a wonderful and refreshing dessert or fruit appetizer for breakfast.

Serves 4.

1½ cups fresh blueberries or frozen blueberries, thawed with juice
½ cup water
¼ cup sugar
1 lemon
¼ teaspoon ground coriander
Dash ground cinnamon
Dash ground cloves
1 tablespoon dry red wine
1/3 cup plain yogurt
1/3 cup sour cream



In blender, puree berries and water. Pour into small saucepan. Stir in sugar, lemon juice, lemon zest, coriander, cinnamon, and cloves, while bringing to a boil until sugar is dissolved. Reduce heat. Cover and simmer for 5 minutes. Pour into medium bowl then place in the refrigerator until cool. Stir in wine, then yogurt, and sour cream until blended. Cover and refrigerate until well-chilled.

To serve: ladle soup into serving bowls. Whisk sour cream until smooth, then swirl on top of soup to decorate.