

Fresh Ideas featuring:



CHILEAN BLUEBERRY SOUP

16 oz. fresh Chilean blueberries
1/4 cup sugar
1-1/2 cups water
1 Tbs. lemon juice



In a medium stainless steel bowl, place all ingredients. Cover with aluminum foil. Place over a pot of simmering water for approximately 20-30 minutes. Remove from the heat; cool for 15 minutes, keeping the bowl covered. Whirl until smooth in blender, chill.

Serve as a dessert, if desired, with a dollop of crème fresh or sour cream.

Yield: about 4 cups



Chilean Fresh Fruit Association
www.cffausa.org/foodservice

