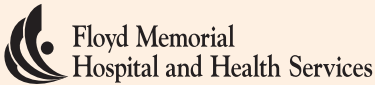


Chilled Ginger Peach Soup

- 6 cups peaches, fresh or frozen, if available
- 1/4 cup lemon juice
- 3 cups buttermilk
- 3 cups apple juice
- 2 tsp. ginger
- 1/2 cup honey
- 2 cups plain low-fat yogurt

1. If using frozen peaches, make sure they are totally thawed. If using fresh, use four cups of peaches; this is the total cups after they are peeled and pitted.
2. Puree the peaches completely; place the pureed peaches in a bowl.
3. Add the remaining ingredients, blend thoroughly. Make sure that all the ingredients are mixed in.
4. Add the plain low-fat yogurt; blend this into the peach soup.
5. Chill for at least two hours; serve in chilled bowl. The soup can be topped with a fresh mint leaf.



Floyd Memorial
Hospital and Health Services

Servings: 14; Per Serving: 138 Calories; 1g Fat (7% calories from fat); 4g Protein; 30g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 82mg Sodium.

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