

BLUEBERRY SOUP WITH CHIA



INGREDIENTS

- 1½ cups fresh blueberries, rinsed
- ½ cup water
- ¼ cup granulated sugar
- ¼ cup orange juice
- ¼ tsp orange zest (or more to taste)
- Dash each ground cinnamon
- Dash of ground cloves
- ⅔ cup full-fat Greek yogurt,
plus 2 Tbsp for garnish
- 2 tsp chia seeds
- ½ cup fresh blueberries for garnish



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DIRECTIONS

Puree berries and water in blender or food processor, then pour the puree into small sauce pan. Stir in the sugar, orange juice, zest, cinnamon and cloves.

Bring to a boil, stirring to dissolve sugar. Reduce heat, cover and simmer for five minutes. Pour into a bowl and refrigerate until cool.

When cooled, whisk in yogurt and chia until blended. Cover and refrigerate until well chilled.

Pour into dessert bowls, small glasses or soup dishes and add about one tablespoon of fresh berries to each bowl. Garnish with a dollop of yogurt. Small cookies or cookie crumbles pair well such as biscotti, ginger thins or vanilla wafers.

