

# Fruit Soup

## INGREDIENTS:

- 5 cups orange juice
- 1 cup nonfat milk
- 3 cups nonfat, plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup apples, chopped
- 1 cup blueberries
- 1 cup strawberries, sliced
- 1 cup banana, sliced
- 1 cup mandarin oranges
- 1 cup pineapple chunks

## Preparation:

- In a large mixing bowl, combine orange juice, milk, yogurt, lemon juice, honey, cinnamon, and nutmeg
- Stir
- Add chopped apples, blueberries, sliced strawberries, sliced banana, mandarin oranges, and pineapple chunks to mixture
- Stir thoroughly

## Serves (6)

Each serving provides: An excellent source of Vitamins A and C, folate, calcium, and potassium and a good source of magnesium and fiber.

