

Blueberry Bisque

(Serves 4-6)

2 cups fresh blueberries or frozen blueberries
2 cups water
1/3 cup honey (or sugar)
1 tablespoon brown sugar
1 cinnamon stick OR ¼ teaspoon cinnamon
Juice of 1 lemon
2 cups plain yogurt
1 cup apple juice
Plain yogurt for garnish

Supplies: sauce pan, sieve, whisk, bowl for blueberry pulp, bowl for liquid, food processor.

Reserve a few berries for garnishing. Place remaining berries, water, honey, cinnamon stick, and lemon juice in a saucepan. Simmer, uncovered, for 15 minutes. Drain through a sieve, catching liquid. Chill sieved liquid. Allow cooked blueberries to cool and pulse in a food processor until chunky consistency. **Just before serving, whisk into liquid the yogurt, processed blueberries and apple juice.** If desired, garnish each serving with a spoonful of additional plain yogurt and blueberries.



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