



Makes 6 cups
Preparation Time: 30 minutes
Cook Time: 2 hours 30 minutes

INGREDIENTS:

4 fresh oranges
2 cups fresh or frozen blueberries
1 cup unsweetened apple juice
⅓ cup pure maple syrup
Pinch ground cloves
1 cup plain unsweetened vegan yogurt

Chilled Blueberry Soup

This radiant blueberry soup is perfect for a weekend brunch when you're craving something cool and refreshing. Juicy **blueberries** are simmered with the bright flavors of oranges and apple juice and sweetened with maple syrup. Ground cloves add a hint of warming spice that pairs perfectly with the fruit to create a complex flavor profile. The purple purée is then chilled for several hours in the fridge and topped with **vegan yogurt** when you're ready to dig in! Feel free to make the soup a day ahead so it's ready to go in the morning when you roll out of bed.

By Del Sroufe

- 1** Remove zest from one of the oranges. Squeeze juice from all of the oranges.
- 2** In a large saucepan combine orange juice and zest, blueberries, apple juice, maple syrup, cloves, and ½ cup water. Bring to boiling over medium-high; reduce heat to medium. Cook until berries have released their juices and the soup has thickened slightly. Remove from heat and cool completely, about 1 hour.
- 3** Transfer cooled soup to a blender. Cover and blend until smooth. Strain soup through a fine-mesh sieve. Cover and chill at least 90 minutes. If the soup seems too thick, stir in a little water to reach desired consistency. Pour soup into bowls and swirl in the yogurt just before serving.