

ISLAND GROWN

HARVEST ^{OF} THE MONTH

BERRIES

MIXED BERRY SOUP

1 pound fresh berries,
if using strawberries, slice them

1tsp. Grated lemon or lime zest

1tsp. Fresh lemon or lime juice

2TBL. Sugar

1/2C. Plain yogurt

In a medium sized pan combine all the ingredients except the plain yogurt. Heat on low for 10 to 15 minutes to release juice. Set aside to cool, add plain yogurt and stir to combine.

Recipe by Robin Forte



For more information visit

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