



Cuisine Santé Fresh Berry and Baked Cherry Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

8 oz Strawberries, fresh
 8 oz Blueberries, fresh
 8 oz Raspberries, fresh
 8 oz Cherries, fresh
 2 oz HACO-Swiss Cuisine Santé White Roux
 1 qt Water, boiling
 1 cup Soy milk
 To taste Splenda

Preparation

Bake cherries at 350°F for 10 minutes on a cookie sheet. Once cherries are ready, remove stems and pits. Sauté berries in a pot on low heat until tender enough that the fruit juice is extracted. Bring 1 qt of water to a boil; add Cuisine Santé White Roux in the boiling water. Puree berries in with the Cuisine Santé White Roux after removing from heat. Strain soup to remove the skin from the mixture. Add the soy milk and let soup sit for 30 minutes to chill.

Setting

Transfer soup to a bowl; add splenda for sweetening, if desired and then garnish.

Specialty Ingredients

#730 HACO-Swiss Cuisine Santé White Roux

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (476g) Servings 6 Calories 231 Fat Cal. 93	Total Fat 10g	15%	Total Carb. 38g
	Sat. Fat 7g	35%	Fiber 7g	25%
	Trans fats 0g		Sugars 17g	
	Cholest. 0mg	0%	Protein 4g	
	Sodium 37mg	2%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 15%	Vitamin C 85%	Calcium 4%	Iron 8%