



Nature's Fresh Berries – Full of Antioxidants

Frosty Summer Fruit Soup with Sherry Ice Cream

It magically turns into an elegant creamy fruit soup

- 2 cups 100% cranberry pomegranate juice
- 1 cup water
- 1 medium sized sweet apple, cored
- 1/4 cup dried cherries
- 1-1/4 cup fresh blueberries, washed
- 1-1/4 cup fresh red raspberries, washed
- 1-1/2 cups fresh blackberries, washed
- 1 cup coarse chopped fresh strawberries
- 1 teaspoon pure vanilla extract
- 1 teaspoon almond extract

Place 2 cups 100% juice and water in large saucepan. Cut fresh cored apple into 8 slices; add apple slices and dried cherries to juice in saucepan. Bring to a boil over medium high heat; reduce heat; cook apples until tender crisp. Remove apple slices to cutting board to cool. Remove saucepan with juice from heat; set aside to cool.

Meanwhile, combine washed berries and strawberries in large 8 cup bowl. Cut cooked apples into bitesize pieces; place in fruit bowl.

Stir vanilla and almond extract into fruit juice. Slowly pour cooled juice over fruit; lightly toss fruit with juice. Cover with plastic wrap; place in refrigerator to cool. Yield: about 8 cups

To Serve: Place chilled fruit and juice to shallow soup bowls. Before serving, place 1 scoop prepared Sherry Ice Cream on the side of bowl; Top with fresh mint leaves. The ice cream will slowly melt, blending the fruit juice with creamy sherry flavor.

Cook's Note: The recipe uses about 5 cups of berries and 1 cup of apples. If you prefer, use the combination of berries or fruit that you enjoy.

About the Recipe: Serve the fresh fruit as an elegant dessert topped with a touch of sherry ice cream. This fruit also makes a wonderful start to your day for breakfast. Keep it covered in the refrigerator to enjoy for about 4 to 5 days.