



Cold Peach and Amaretto Soup

INGREDIENTS

3 ripe medium peaches (unpeeled), washed, coarsely chopped, pits and stems removed
½ cup plain yogurt
2 TBS honey
2 Tablespoons half-and-half
1 TBS lime juice
¼ teaspoon grated fresh ginger
1 Tablespoon honey
1 -2 teaspoons Amaretto di Saronna

DIRECTIONS

In a blender combine peaches, yogurt, honey, half-and-half, lime juice and ginger. Blend until smooth. Transfer to a storage container, cover and refrigerate several hours until well chilled and flavors have a chance to meld. Makes 4 servings; 140 calories each.