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# Spiced Blueberry Soup

**Prep Time:** 20 mins

**Rest Time:** 5 h

**Total Time:** 5 h 20 mins

## Ingredients

- ◆ 4 cup(s) blueberries, fresh or frozen (not thawed), plus more for garnish
- ◆ 2 cup(s) water
- ◆ 1 whole cinnamon sticks
- ◆ 2 tablespoon honey
- ◆ 1 tablespoon ginger, fresh, chopped
- ◆ 2 cardamom, pods, (optional)
- ◆ 2 tablespoon cornstarch
- ◆ 1/3 cup(s) milk, lowfat (1%)
- ◆ 1 cup(s) sour cream, reduced-fat, divided
- ◆ 4 teaspoon sour cream, reduced-fat, divided



## Preparation

1. Combine blueberries, water, cinnamon stick, honey, ginger and cardamom pods (if using) in a large saucepan.
2. Bring to a boil, stirring occasionally. Reduce heat and simmer, stirring, until most of the blueberries have burst, 1 to 2 minutes.
3. Remove the cardamom pods and cinnamon stick.
4. Puree the soup in 2 batches in a blender until smooth (use caution when pureeing hot liquids).
5. Place a fine sieve over the pan and pour the soup through it back into the pan, straining out any solids. (Discard the solids.)
6. Whisk cornstarch and milk in a measuring cup until smooth. Whisk into the blueberry mixture.
7. Bring the soup to a boil over medium heat, stirring. Boil, stirring constantly, until the soup thickens slightly, about 1 minute.
8. Remove from the heat and let cool for 10 minutes. Transfer to a bowl, loosely cover and chill until cold, at least 5 hours or up to 2 days.
9. Just before serving, whisk 1 cup sour cream into the soup and ladle into bowls; top each serving with 1/2 teaspoon sour cream and swirl decoratively into the soup.
10. Garnish with additional blueberries, if desired.