

Cool Tomato and Basil Soup

A real winner, both for taste and ease of preparation

300g low fat Greek yoghurt

300ml tomato juice

150 ml semi skimmed milk

2 cloves garlic – crushed then finely chopped.

4 ripe tomatoes – seeded skinned and finely chopped

4 tbs basil – chopped

black pepper – freshly ground

basil leaves to decorate

Mix together the yoghurt, tomato juice and milk in a large bowl, add the rest of the ingredients and chill for 2 hour in the fridge before serving garnished with the basil leaves.

This recipe will serve 4, try it with our home-made sage bread.