Chilled Strawberry Soup
Yield: 8-8 oz. portions

2 lb.  IQF Strawberries in syrup, defrosted
13 oz. Yogurt, Non Fat Plain
2 ½ c. Half & Half
1 c. Orange Juice
1 c. Apple Juice or Cider
1 c.. Water
¾ tsp. Cardamom, Ground

1. Combine all ingredients.
3. Chill and serve.