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.