



VEG ONLY SOUP

A perfect cocktail to feed your gut flora and promote health. The bio-product from the fermentation of the vegetables boost your immune system, promotes a healthy weight, reduces your chances of developing many diseases specifically, cancer.

 10 minutes 25 minutes 4 portions

INGREDIENTS

- 1 medium unit of courgette, boiled in unsalted water [100 g]
- 1 cup, mashed of squash, winter, butternut, frozen, cooked, boiled, with salt [240 g]
- 2 small units of onions, raw [120 g]
- 1 unit of garlic, raw [10 g]
- 1 spear of broccoli, green, boiled in unsalted water [45 g]
- 1 small portion of turnip, boiled in unsalted water [40 g]
- 1/4 cup of coriander (cilantro) leaves, raw [4 g]

COOKING METHOD

- 1° Bring all the vegetables to a pan, add water only enough to slightly float the ingredients. Cook in medium heat until all vegetables are soft.
- 2° Process to a pure and add basil or coriander leaves. Season with salt
- 3° Can be stored in the fridge.
- 4° Only warm up 1 serving

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [136 g]	% DRI
ENERGY	32 kcal	43 kcal	2 %
PROTEIN	2 g	2 g	4 %
CARBOHYDRATE	7 g	9 g	4 %
SUGARS	2 g	2 g	3 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	1 g	1 g	4 %
SODIUM	106 mg	144 mg	6 %