



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 % |