

MISO SOUP RECIPE

A flavorful classic take on vegan miso soup that is super easy and quick to make.

Prep: 5 mins - **Cook:** 10 mins - **Serves:** 2

Nutrition Info Per 1 Bowl Approx:

88 calories, 2g fat, 2.5g sugar, 3g fiber, 7g protein

WHAT YOU'LL NEED

- 4 cups water
- 1/2 cup chopped green chard or other sturdy green
- 1/2 cup chopped green onion
- 1/4 cup firm tofu, cubed (optional)
- 3-4 tbsp brown miso paste
- 1 sheet (1/4 cup) nori (dried seaweed), cut into large rectangles (optional)

METHOD

1. Place water in a medium sauce pan and bring to a low simmer. Add nori and simmer for 5-7 minutes.
2. In the meantime, place 3 tbsp of miso into a small bowl, add a little hot water and whisk until smooth. Then add to the soup and stir.
3. Add remaining ingredients to the pot and cook for another 5 minutes.
4. Taste and add more miso or a pinch of sea salt if desired.

Visit
RosehiveSuperfoods.com
/March-Recipe/
for more cooking tips!



Healthy Gut Box

SNACK:

TIGER NUTS

Tiger Nuts are actually not nuts at all. They are tubers, grown like potatoes, but have a sweet coconut taste. Each nut is a nutritional powerhouse, full of fiber (High in prebiotic fiber & rich in iron, zinc, copper and magnesium). They have all of the nutrients and energy benefits of nuts, but do not adversely affect allergies.

How To Use: Tiger nuts are the perfect slightly sweet snack. Grab a handful and enjoy as they are!

HERB:

GOLDEN CHAI

Based off a traditional Ayurveda recipe with a twist, a delicious & nourishing tonic which can be consumed daily for the aid of general health, immune support, inflammation relief, circulation & digestive aid. Ingredients: >Tocos, Rooibos, Turmeric, Ginger, Cardamom, Nutmeg, Pepper, Cinnamon, Clove.

How To Use: Incorporate 2 teaspoons in warm milk of choice & sweeten as desired.

COOKING INGREDIENT:

MISO

Made of soybeans, brown rice, water, sea salt. Miso provides beneficial probiotics and regulates digestive and intestinal functions.

How To Use: Create miso soup (recipe on back), salad dressings, marinades and Asian inspired dishes.

DRINK:

ALOE WATER

Each bottle contains over 200 active, health-boosting nutrients from organically-grown Aloe vera. Only 30 calories & 6g of sugar per bottle. Aloe vera contains various powerful antioxidant compounds that may help inhibit the growth of harmful bacteria.

How To Use: Refrigerate first, twist off the cap once cold and enjoy!

SUPERFOOD POWDER:

SPIRULINA

Organic Spirulina powder has been shown to promote the growth of healthy bacterial flora in the intestines, which in turn inhibit Candida and other digestive disruptions from thriving in the gut. Spirulina is said to be "one the most nutrient-dense food on the planet."

How To Use: Add a teaspoon to smoothies, sprinkle on salads, or include in homemade salad dressing recipes.

SURPRISE:

FERMENTED PROTEIN

High in protein: contains 15g of fermented dietary protein per serving. This fully fermented protein contributes to a healthy gut, overall good health & is easy to digest. It is also non-allergenic, soy free and contains a balance of all essential amino acids.

How To Use: Add to smoothies, energy balls, and any other applications you usually use with protein powder.

Disclaimer: Information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

DISCOVER WHAT'S INSIDE