

## Instant Miso Soup

This is a great instant soup for breakfast, lunch or snack. In Japan it is traditional to start the day with miso soup. A Japanese study has shown it to detoxify and eliminate pollutants from the body.

1 serving

1 ½ filtered cups water

1 Tb miso

1 tsp freshly grated ginger

½ cup carrot, zucchini or turnip shredded

1 tsp dulse flakes (optional) ready to use sea vegetables

1 scallion thinly sliced (optional)

- In a small, pot boil water
- Turn off heat add miso, stir to dissolve
- Add ginger, shredded vegetables and dulse, if using.
- Cover the pot and let sit for a few minutes.
- Pour into bowl
- Garnish with scallions
- Enjoy!