

Amy's Miso Soup +

A warm robust breakfast supports healthy digestive function, sustains blood sugar, and supports energy and mood all day long (as long as you keep fuel in the tank). Consider a modified dinner for breakfast, something savory and substantive rather than a simple carb. One simple, quick and nourishing option is my '*miso soup+*'.

Ingredients:

Miso paste (commonly made from soy, also available made from chickpeas *Miso Master brand*)

2-3 slices fresh ginger at your discretion

2-4 vegetables of your choosing

2-3 slices fresh ginger

1 carrot (boils to soft in 8-10 minutes)

1/8-1/4c winter squash (boils to soft in 8-15 minutes depending on skin)

4-8 slices daikon radish (boils to soft in about 5 minutes)

1/8 cup garnet yam

chick peas, other simple **white bean** or small morsels of **chicken or turkey**

1 green onion (*at your discretion*)

Bring 2 c water to a boil with ginger

Add vegetables so that they are cooked but not mushy or disintegrated. I add the ginger, carrot and a bit of squash straight away. Add the daikon after about 5 minutes and the green onion at the very end.

While the vegetables are cooking, pour of a small amount of hot water off into a bowl with 1-2 Tbls of miso paste. Crush the paste with the water until smooth. After all the vegetables are cooked, remove from heat. Add the miso and serve hot.

Have fun. Explore. There are no rigid limitations of what has to or can go in. These are just some of the things I most often include. Enjoy!

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