

CREAMY MUSHROOM SOUP

Wheat-free Gluten-free

This delicious soup was designed for the HealthWise Clinic Weight & Health Management System. It contains 4g carbohydrate and ½ serve protein.

Ingredients:

130mL cold water
130mL hot water
½ cup mushrooms, sliced or chopped
1 egg yolk
1 stock cube
1 tsp butter
1 tsp shredded cheddar cheese
Lite salt and pepper to taste

Method:

Sauté mushrooms in butter.

Dissolve stock cube into 130mL hot water then add to mushrooms and simmer.

Place 130mL cold water in a blender, add egg yolk and blend on low speed.

Add egg mixture to soup and simmer briefly.

Add cheese just before serving.