

LETTUCE SOUP

Wheat-free Gluten-free Dairy-free

A light and refreshing soup perfect for summer.

Ingredients:

- 1 lettuce, shredded
- 1L chicken stock
- 3 spring onions
- 1 cup sliced beans (fresh or frozen)
- 1 Tbsp parsley, chopped
- 2 sprigs fresh mint
- Salt and pepper

Method:

Combine lettuce, chicken stock, spring onions, sliced beans, parsley, mint, salt and pepper.

Bring to boil and simmer 15 minutes.