

Italian Pastina Soup

Ingredients:

- 1/2 cup pastina (tiny pasta)
- 2 cups vegetable broth
 - 1 tbsp olive oil
 - 1 egg (optional)
- Salt and pepper to taste
 - Optional: chopped parsley or grated carrot for garnish

Instructions:

1. Bring the broth to a boil in a saucepan.
2. Add pastina and cook for 5–7 minutes, stirring occasionally.
3. Optional: Beat one egg in a bowl. Slowly stir it into the hot soup for extra protein.
4. Drizzle with olive oil and season with salt and pepper.
5. Serve warm, topped with chopped parsley or carrot shreds

Health Benefits:

- Light on the digestive system — ideal for gut rest and recovery
- Olive oil provides healthy fats for brain and skin
- Egg (optional) adds protein and B vitamins
- Simple broth base keeps sodium and additives low