

## Miso Ginger Soup

### Ingredients:-

- 4 cups water-
- 3 tbsp miso paste-
- 1-inch ginger, grated-
- 1 cup tofu, cubed-
- 1 cup kale or spinach-
- 2 green onions, sliced
- 1 tbsp tamari or soy sauce

### Instructions:

Heat water and ginger in a pot until hot but not boiling.

Add tofu and greens, cook for 3-4 minutes.

Stir in miso paste and tamari (do not boil).

Serve warm with green onion on top.

### Health Benefits:-

Miso: Great for gut health (probiotics)- Ginger: Anti-inflammatory and warming- Tofu and greens: Protein and mineral