

Miso Seaweed Detox Soup

Ingredients:

- 3 cups water
- 2 tbsp miso paste (white or yellow)
- 1/2 cup silken tofu, cubed
- 1/4 cup dried wakame seaweed
- 1 green onion, sliced
- 1 tsp grated ginger
- 1 tsp sesame oil

Instructions:

Soak the dried seaweed in water for 10 minutes, then drain.

In a pot, heat water and dissolve the miso paste (do not boil).

Add tofu, ginger, seaweed, and sesame oil. Simmer gently for 5 minutes.

Top with green onions before serving.

Health Benefits:

Miso supports gut flora, seaweed provides iodine and detox minerals, and ginger aids digestion