BOOST YOUR IMMUNITY AND HEALTH WITH THIS TASTY RECIPE.

15 minute green soup

- knob of butter or splash of olive oil
- bunch spring onions, chopped
- 3 zuchini, chopped
- 200g frozen peas
- 900ml hot vegetable stock
- 85g bag trimmed watercress
- large handful mint
- 2 rounded tbsp Greek yoghurt, plus extra for serving



Serves 4: Heat the butter or oil in a large saucepan, add the spring onions and zuchini and stir well. Cover and cook for 3 minutes, add the peas and stock and return to the boil. Cover and simmer for a further 4 minutes, then remove from the heat and stir in the watercress and mint until they are wilted.

Purée in a food processor, adding yoghurt with the second batch. Return to the suacepan, then add seasoning to taste.

Serve hot or cold, drizzled with extra yoghurt.

IMMUNITY BOOSTING BENEFITS

- 1. Peas are a good source of vitamins C and E, zinc and other antioxidants that strengthen your immune system.
- 2. Watercress is an excellent source of three minerals that are important for healthy bones calcium, potassium and magnesium.

PLUS MANY OTHER HEALTH BENEFITS











Cancer fighting antioxidants



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References: www.bbcgoodfood.com/recipes/15-minute-summer-soup, www.webmd.com/diet/health-benefits-peas#, www.webmd.com/diet/health