

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 zucchini, 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 zucchini 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 saucepan, 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.

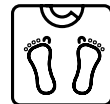
PLUS MANY OTHER HEALTH BENEFITS



Heart friendly



Mental wellbeing boosting



Low in kilojoules



Cancer fighting antioxidants



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