

CHILLED MUSHROOM SOUP

Serves 4

Vibrant. Fresh. Alive. This chilled summer soup brings some serious flavours to your table.

This recipe contains food supplements, do not exceed the daily dose.

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 100g shallots, chopped
- 250g mushrooms, chopped
- 750ml chicken or vegetable stock
- Pepper and a clove of crushed garlic
- 2 servings (52g) Formula 1* Savoury meal, Mushroom & Herb flavour
- 2 sachets (4g) Microbiotic Max food supplement**

To serve:

- 1-2 tablespoons natural yogurt
- 1 serving (pack) (12g) Protein chips, sour cream & onion flavour

METHOD:

- Pour the olive oil into a saucepan over a medium heat. Add in the chopped shallots and season with a little salt and pepper. Stir to mix then turn the heat down to low and cook the shallots, covered with a lid for 7-8 minutes, until tender.
- Add in the chopped mushrooms (they can be chopped in a food processor) and cook with the shallots for 8-10 minutes over a low to medium heat until they are well cooked.
- Now add in the stock and bring up to the boil, allowing it to simmer for 20 minutes then take off the heat and allow to cool.
- Once the soup has cooled, pour it through a sieve then whisk in the Formula 1 Savoury meal and then gently stir the Microbiotic Max, and season to taste.
- To serve, pour the soup into cold bowls and top with a blob of natural yogurt and a good scattering of broken up protein chips!

NUTRITIONAL VALUES per serving

- Protein: 9g
- Kcal: 171
- Fibre: 8g
- Fat: 11g
- Carbs: 8g
- Sugars: 3g

*Disclaimer Formula 1

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label; please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

**Disclaimer Microbiotic Max

NOTICE: Consume one sachet of Microbiotic Max per day. Do not exceed the recommended daily dose of Microbiotic Max.

Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store Microbiotic Max out of reach of young children.

Recommended daily portion of chilled mushroom soup should be max 2 serving per day.