

HEALTHY COOKING WITH NICOLE

Miso soup

1 tablespoon miso paste
1 scallion, washed and sliced
1 mushroom, washed and sliced
1/4 cup tofu, cubed
1 cup water



Fill a mug with miso paste and stir with a spoon until dissolved.
Add in tofu, mushrooms and scallions.
Microwave 1-2 minutes until hot.
Carefully remove from microwave.
Enjoy!



Healthy Tip:

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