

Breakfast Soup

Ingredients

½ cup basmati rice (you can use quinoa or millet)
2 cups boiled filtered water
½ cup sprouted legumes (i used a mix of mung adzuki and beluga)
½ ead broccoli cut into florets
Big sprinkling of hemp seeds
1 tbsp miso
½ tsp of umeboshi plum vinegar
Salt to taste
Cayenne pepper (optional)

Method

1. Place the basmati rice, boiling water, a sprinkling of salt and the broccoli in a saucepan and bring to the boil.
2. Turn down to simmer for approx. 10 minutes or until rice is cooked.
3. Take out some of the liquid and mix in with the miso in a bowl until the miso becomes dissolved then add to the saucepan. Keep simmering and add the umeboshi plum vinegar and sprouted legumes.
4. Taste and add more salt if needed.
5. Serve into bowl and sprinkle on hemp seeds, cayenne pepper if you want a bit extra vitamin C and a bit of a kick heat wise.