

EGG DROP SOUP



Time

15 minutes

Serves

2

Calories (per serving)

171

Carbs (per serving)

9g

Fat (per serving)

7g

Protein (per serving)

20g

Ingredients

- 2 Eggs
- 6 Egg Whites
- 1/8 tsp ground ginger
- 1/4 cup green onions chopped
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp aminos
- 4 cups chicken broth
- 1/2 cup Shiitake mushrooms diced

Method

Add the mushrooms to a large saucepan with 1/8 cup of chicken broth. Sauté over medium heat until all the juice has evaporated.

Pour the chicken broth into a medium pot. Add the salt, black pepper, aminos and ginger to the broth.

Bring to a boil. Meanwhile, in a separate bowl, whisk the egg and egg whites.

Pour the eggs into the boiling broth a little at a time. The eggs should cook immediately and turn into strands of cooked egg.

Add green onion and serve.

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Recipe modified from www.hcgchicarecipes.com