



BUSTLING BREAKFAST RECIPES

by Cynthia Lair

Morning Miso Soup

People often don't think of having soup for breakfast, but this soup is nutritious, energizing, and a great way to "break fast." Fresh gingerroot helps stimulate the digestive system and has a warming effect on the body.

4-inch piece of wakame

4 cups water

1 cup thinly sliced greens (kale, collards, bok choy, watercress)

1 tablespoon grated gingerroot

4 tablespoons light or mellow unpasteurized miso

1/4 pound firm tofu, cut in cubes

Garnish:

2 scallions, thinly sliced

Place wakame in small bowl of water and soak for 5 minutes. Put 6 cups water in 3-quart pot and bring to a simmer. Remove wakame from water and chop into small pieces removing the spine. Add chopped wakame to water. Simmer 8- 10 minutes, adding greens, gingerroot and tofu cubes in the last minute or 2 of cooking time. Pour a bit of broth into each serving bowl and dissolve 1 Tablespoon of miso into each bowl. Fill bowl with soup, and stir gently. Garnish each bowl with scallions.

Preparation time: 15 minutes

Makes: 4 servings

FOR BABIES 10 MONTHS & OLDER: Remove a little of the cooked wakame from the soup. Chop very fine and add to pureed cereal or vegetables you are serving to baby. Adds extra calcium and other minerals