

## EDAMAME AND PEA SOUP

### Serves 4

200g/7oz frozen soya beans (also called edamame beans)  
200g/7oz frozen peas  
500ml/18floz hot vegetable stock  
6 spring onions, trimmed and chopped  
1 small bunch basil leaves  
1 handful (50g/2oz) rocket leaves  
300ml/1½pt Alpro soya Light alternative to milk

- 1) Put the frozen soya beans, frozen peas, vegetable stock and spring onions together in a pan. Bring to the boil and simmer for five mins.
- 2) Add the basil and rocket leaves and Alpro soya Light. Blend half of the mixture until smooth, leave half of the soup chunky. Combine and warm through to serve.

### Tip:

Make up this and freeze into individual portions so you've plenty of low cal, low cholesterol soup portions ready when you feel peckish.

Per serving:
Total calories 129 kcal
g
Total fat 5.5
Saturated fat 0.7
Polyunsaturated fat 2.6
Monounsaturated fat 1.0
Carbohydrates 8.3
Sugar 3.2
Total Protein 12
(Soya protein 8.5)