

# Clearspring

## Marvellous Organic Miso

Looking for a quick lunchtime meal that is full of flavour, low in calories with natural health benefits? Clearspring's range of traditional Japanese Miso soups, have a rich, savoury taste that hits the spot every time. Available in handy sachets, all you need to do is add hot water for a hearty soup in a mug in minutes.

Like all great wines, miso comes in numerous varieties reflecting the local culture, crops and growing conditions across Japan.

Clearspring works closely with the finest Japanese producers to bring the best quality miso to the UK.

Organic Miso Soup is a unique combination of brown rice and sweet white miso with kombu and wakame sea vegetables. This deluxe, wheat-free recipe, offers a remarkably rich flavour from organically grown ingredients. It is made the traditional Japanese way - as slowly and authentically as possible. This slow production and traditional fermentation in seasoned cedarwood kegs creates a rich and complex flavour and gives the best possible health benefits from the miso.

If you're a miso novice, then Mellow White Miso Soup is most probably the best introduction. It is aged for a shorter time, which makes for a lighter creamier soup and has added tofu and spring onions for additional flavour.

The health benefits of Miso are well documented. The same enzymes that help with the fermentation process during the making of miso can also help your digestion. Miso acts like a digestive tonic, and once established in your intestine can help in fighting conditions such as constipation, yeast infections and lactose intolerance. New research is also beginning to suggest that miso may also be effective in reducing the risk of cardiovascular disease and cancer.

**Clearspring Organic Miso Soup with Sea Vegetable RSP: £3.59 for 40g (4 x 10g servings)**  
**Clearspring Mellow White Miso Soup RSP: £2.99 for 40g (4 x 10g servings)**

Available in independent health food stores and selected multiple retailers.  
Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

Updated January 2011  
Prices accurate as of January 2011

### Ends ###

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

