

Heart Soup



Ready in 10 minutes

Serves 2

Ingredients

- 0.11 oz Spinach Crystals (1 tablespoon)
- 0.18 oz Kale Crystals (3 tablespoons)
- 0.15 oz Miso Crystals (1 tablespoon)
- 1 small sweet potato, cooked
- 1 ½ cups coconut mylk
- 1 teaspoon mineral salt
- Pinch cumin powder

Preparation

1. Blend all ingredients until smooth.
2. Heat on a stove and serve!