

Hot & Sour Soup

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 1 Cup Water
- 1 Dropper Full or 1 pkg Stevia. (any flavor)
- 2 Tbsp. Rice Vinegar (optional)
- 1 tsp. Tamari or 1/2 tsp. Chickpea Miso
- 1 1/2 Scoops Pea Protein powder
- 1/16 tsp. Chili Powder (more if you want more spiciness)
- Dash Cayenne Pepper
- 1/4 tsp. Ginger Powder
- 2 Celery Stalks or Asparagus
- 1/2 tsp. Konjac flour (optional)
- Shiritaki or Miracle noodles (optional)

Instructions

- 1 Put half of the celery and all the ingredients, except for the last two into blender.
- 2 Blend on high until desired consistency is reached.
- 3 If adding konjac flour, add it last and blend again.
- 4 If blender doesn't warm the mixture then put it in the microwave and warm it up.
- 5 Then pour the soup over chopped celery and noodles.
- 6 Stir and eat.

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