



# Recipes

## Soup

### **Blood Sugar Balancing Vegetable Soup**

*Prep and Cook Time: 1 hour and 15 minutes*

*Yield: 4 servings*

#### **Ingredients:**

Your choice of spring greens  
1 teaspoon ground cumin  
1/2 teaspoon mustard seeds  
8 fenugreek seeds  
1/2 teaspoon cardamom  
Salt and black pepper

#### **Directions:**

1. Chop 2-4 cups spring vegetables and greens. Simmer in water.
2. In a skillet dry roast: ground cumin, mustard seeds, fenugreek seeds, teaspoon cardamon, 1 pinch black pepper.
3. Add spices to pot and cook for one hour
4. Add salt to taste.