

# Soup Maker Recipe Book 100 Delicious & Nutritious Soup Recipes

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## BOOK DETAILS

- Author : Liana Green
- Pages : 144 Pages
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## BOOK SYNOPSIS

Soup Maker Recipe Book - 100 Delicious and Nutritious Recipes for your Soup Maker Making your own soup at home is not only rewarding, its nutritious and tasty too. By making your own soup you control exactly what goes in. The soup recipes found in this book have been made in a Morphy Richards Soup Maker, but they can easily be made in any other soup maker, or even with a pot on a stove. Include an abundance of healthy ingredients that will do wonders for your health and well-being. Soups are a fantastic way to lose weight - they are usually high in fibre but low in fat and calories. In fact, I have included the calorie count of each of the 100 soup recipes found in this book. Why Get The Soup Maker Recipe Book? - Increase your energy levels and feel great about yourself. - Improve your health- Look amazing with clear skin, vibrant eyes and be your perfect weight- Make economical meals - homemade soups are so much cheaper than shop bought ones! Make the very same recipes I have researched and tested out to; - Lose weight and look great- Improve mine and my childrens health. I never dreamt my hot dog crazy son would be requesting a vegetable soup for lunch! What Recipes Are Included? There is a soup recipe for everyone in this book. In fact there are lots for everyone! Ive included classics like chicken soup, leek and potato soup, tomato soup, as well as more unique recipes. The following are a small taster of the 100 soup recipes included in the Soup Maker Recipe Book; Butternut Squash Carrot and Ginger Chicken and Asparagus Cauliflower Cheese Honey Roast Parsnip Caribbean Pumpkin Tomato and Basil Leftover Turkey Seriously Garlicky Chicken (it is!) Thai Green Curry Cod, Sweet Potato and Parsley

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