

SOUP TO SUCCESS

Soup-making tips from Soupologie's Steven Argent

While your body is naturally adept at self-cleansing, sometimes it needs a little helping hand to make sure it's working properly. Souping offers a top-to-toe MOT like no other, supporting your body so that it can naturally detoxify itself to keep inflammation at bay, fight off disease and even keep you looking young.

'This is because a liquid diet temporarily gives your body a break from its everyday functions, meaning that your cells get the opportunity to renew and restore,' says Yussuff. Blending soups helps break down the vegetables' cells, releasing nutrients to make them easily available to your body without the need to chew.

EASY ENERGISER

The best thing about souping is that it fits into the busiest of lifestyles. Even if a short-term cleanse isn't for you, simply supplementing your regular diet with the hot stuff offers convenience and nourishment. You can whizz up a big batch of soup in less than 15 minutes, spoon it into portions and pop it in the freezer to use as and when you need. How's that for a meal that's as virtuous as it is tasty?

Experiment with flavours and varieties. 'Check out your local farmers' market for a range of different vegetables at a

EXPERIMENT WITH INGREDIENTS

Be clever when planning your soup – think about the combination of nutrients you're after and the flavour profile you enjoy.

GO BACK TO BASICS

You shouldn't need to add any extra ingredients such as cream, milk, butter or cornflour. Blending really well produces magnificent flavours and a natural creaminess.

TRY CHILLED VARIETIES

Don't be put off by the idea of chilled soups. You can pack them full of spices and herbs, use the whole vegetable without waste and they are a fantastic pick-me-up during the afternoon slump!

budget-friendly price,' says Yussuff. Even if you don't have a minute of spare time to spend in the kitchen, just dash to your local supermarket where you'll now find many healthy readymade brands.

THE NEW SOUPS

Want something that's instantly warming and deliciously sweet? Tick! How about cooling on the taste buds with a savoury kick? Double tick. Soup is set for a complete makeover in 2016, with staple ingredients such as superfruits baobab and lucuma, green veggies and even cashew nuts gaining pride of place. These ingredients are all jam-packed with health-giving amazingness, from free-radical-fighting antioxidants to vitamins and minerals that help keep

your blood and cells healthy. 'Beetroot and horseradish is a good combination, as beetroot contains chemicals called betalains that boost liver function and increase detoxification processes, and horseradish also contains antioxidants,' says Yussuff. 'Parsnip soup is another great option, as parsnips are packed with prebiotic fibre, which can help promote good digestive bacteria.

Broths – the purest form of soup – make a great warming start to the day and help heal the gut. The authors of *The Soup Cleanse* suggest adding a dose of miso, a natural probiotic that's full of enzymes, and kombu, a sea vegetable that helps detox heavy metals from the body. The fashionable bone broth – made by simmering meat or fish bones in water for several hours with vegetables and herbs – is said to be full of nutrients that heal the body and reduce inflammation.

Are you a busy person who's always on the go, from work to gym to an evening out? Chilled soup is an ideal way to help you refuel, refresh and re-energise post workout. Try a fruit-based soup for a quick hit of sugar, such as Soupologie RAW Strawberry, tarragon & lucuma bottle soup, or Tomato and strawberry gazpacho from ¡Cho! (see below) that you can swig from the bottle for convenience. You'll never be stuck in a food rut again!