



WINNING AT WINTER WELLNESS

Winter is here so now is the time to supercharge our immunity by maintaining our physical activity and a balanced, nutritious diet.

Did you know that 70% of our immune system is controlled and centred in the gut? True. And studies have proven that a diet high in fibre, fruit and veggies helps our immune system thrive as best it can.

So for a boost in gut goodness, we've teamed up with Mood Food Nutrition again to bring you a seasonal, nourishing and delicious Hearty Harvest Winter Veggie Soup recipe, perfect to help protect against winter cold and flu. Make it, freeze it, love it!



Check out our latest blog for more nutrition and fitness tips for staying strong and healthy this winter.

fitnesspassport.com.au/info/



6
SERVINGS



20
MINUTES

METHOD:

1. In a large pot add 3 tablespoons of olive oil and heat
2. Add onion and cook for 4-5 mins until translucent
3. Add garlic, herbs and carrot and continue to fry for another 1-2 mins
4. Add all other ingredients and water if needed
5. Simmer for approx. 1.5 hrs, stirring every 20 mins and topping with water if necessary.

Note: If adding chicken, add after step 4.

HEARTY HARVEST WINTER VEGGIE SOUP

INGREDIENTS:

- 1 large onion finely chopped
- 1 large clove of garlic, crushed
- 1 tablespoon mixed dry herbs
- 2 large carrots, sliced
- 1 broccoli, including the stalk
- 1 packet soup mix
- 1 tin crushed tomatoes
- 1 litre of stock
- Optional: 2 chicken breasts finely sliced

