

The wonders of Miso soup

What is it? – A paste that is a salty enzyme rich seasoning that can be used as a basis of soup. It works really well in soup because it is full of flavour.

When is it eaten? A Miso soup is often eaten at the beginning of a meal to help one to relax and prepare the digestive system for the rest of the meal.

What are the health benefits? It is high in B12 so especially good for vegetarians. It contains beneficial gut flora (lactobacillus) that aids in digestion and is alkaline in the gut helping the body to fight infection. Also, it has been said to neutralize the effects of smoking and air pollution.

Tip! – Always choose unpasteurised miso – it is a live food and it should be noted that over cooking kills the beneficial microorganisms so add the miso to preparations just before removing from the heat.



Photo: Karen Latter, Naturopath, Nutritionist & Herbalist

Quick Miso for one!

1 tablespoon of miso

2 tablespoons of seaweed (Arame)

½ cup of chopped vegetables (spring onions, garlic, carrot, spinach, kale)

1 cup of water

1 teaspoon of oil (e.g.: sesame)

Instructions: Sauté seaweed and vegetables, add water and bring to boil, reduce heat to low and simmer covered for 15 minutes. Use miso and a little of the broth to blend miso (otherwise it will stay lumpy). Add to soup and remove from heat. Garnish.

Recipe by Karen Latter, Naturopath, Nutritionist & Herbalist

Karen has been working as a Naturopath in clinical practice for over 10 years. She is a keen cook and lover of food. She also works as a Senior Lecturer in Nutritional Medicine at Endeavour College of Natural Therapies lecturing in Weight Management.

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