

SLIMMING GREEN TEA SOUP

(Courtesy Sally-Ann Creed)

Ingredients:

6 – 7 bags of green tea

2 tablespoons of olive oil

1 red onion chopped

4 garlic cloves, finely chopped

2 carrots chopped

1 cup chopped celery – about 2 sticks

1 teaspoon fresh thyme, chopped

1 bay leaf

2 chicken breasts, chopped into small pieces

2 teaspoons Himalayan salt

2 teaspoons black pepper

Method:

Bring water to boiling point, turn off the heat and add tea bags. Allow to steep for 10 minutes, then remove the bags.

Place chicken into pot and bring to boil again, then turn down to a low simmer for 40 minutes to cook the chicken

When there is about 20 minutes remaining, add the remaining ingredients

Serve hot or store refrigerated in glass container for 4 – 5 days