

Der Spezialist für Naturheilmittel und Kosmetik. Seit **1903** im Dienste der Gesundheit.



Gourmet Cream of Vegetable Soup

You simply have to try it! This strong, deliciously creamy soup tastes like homemade! Whether as a starter or as a calorie-conscious snack or main meal: with 42% vegetables - broccoli, carrots, cauliflower, peas, onions, potatoes, celery and leek - this soup is a wholesome, hearty treat in every season. Very quick and simple preparation! Gourmet cream of vegetable soup is also wonderful as a basis for your own soup recipes, for example, with fresh vegetables, extra bacon or sausage.

- With 42 % vegetables
- Vegan, lactose-free, gluten-free
- Without animal and hydrogenated fats
- Without artificial and nature-identical flavourings

Ingredients: 42% Vegetables (Peas, Potatoes, **Celeriac**, Leeks, Cauliflower Powder, Onion Powder, Broccoli, Carrots), Palm Fat, Sea Salt, flavour enhancer: Monosodium Glutamate*, Rice Flour, Glucose Syrup, Dextrose, thickener: Guar Gum, Yeast Extract, Fried Onions (Onions, Palm Fat), Modified Starch, Herbs (contains **Celery**), Spice Extracts, Spices. *Production basis: natural foods, e.g. Sugar Beet, Corn.

| Average nutritional values per 100 ml of prepared soup: | |
|---|----------------|
| Calorific content | 206 kJ/49 kcal |
| Fat | 2.4 g |
| - of which saturated fatty acids | 1.4 g |
| Carbohydrates | 4.8 g |
| - of which sugars | 1.0 g |
| Dietary fibres | 1.2 g |
| Protein | 1.5 g |
| Salt | 1.3 g |

Preparation: Stir approx. 3 heaped tablespoons (60 g powder) into $\frac{1}{2}$ litre of warm water with a whisk, bring to the boil and simmer for about 5 minutes. Stir occasionally.

Extra tip: If you substitute some water with milk or replace all of the water with milk, the soup will be even creamier!

Store in a cool, dry place.

Made in Germany

Contents 600 g produces 5.0 litres = 20 bowls of soup

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