



# The Magic Soup: Food for Health and Happiness

*Nicole, Adams, Kate Pisani*

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There is something about soup that has both the ability to revitalise and to soothe. They are packed with nutrition and offer variety, deliciousness and comfort as well as being a fantastic aid for weight-loss. Soup's versatility and health benefits are captured in MAGIC SOUP. Whether it's swapping a stale sandwich at lunchtime for a vibrant bowl full of grains and greens, or relaxing at home over a velvety blend of manuka-honeyed parsnip, cooking for a supper party or nursing a cold - there is always an occasion for soup. MAGIC SOUP features over 100 innovative recipes helping you to feel fuller and become healthier. Recipes such as salmon poached in lemongrass tea, lemon chicken and mint with quinoa, and the ultimate 'chicken soup for the soul' will redefine people's expectations and put paid to the myth that soup cannot be a hearty meal in itself. Nicole Pisani and Kate Adams have all the credentials to create recipes that are utterly delicious and in line with a balanced way of eating.

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