

Japanese - Miso Soup (Fermented Probiotic Soup)

Why it's medicinal:

Miso (fermented soybean paste) contains probiotics that support gut health and immunity.

Ingredients:

- 4 cups water
- 2 tbsp miso paste (probiotic)
- 1 sheet nori (seaweed, rich in minerals)
- ½ cup tofu (protein)
- 1 green onion, sliced

Instructions:

1. Heat water until warm but not boiling.
2. Dissolve miso paste in a separate bowl with some warm water.
3. Add tofu, nori, and miso to the pot.
4. Stir and serve.