

a functional food

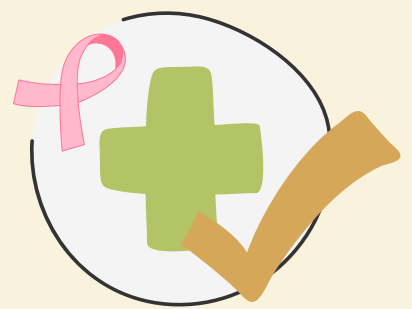
MISO SOUP



A traditional Japanese soup consisting of a dashi stock mixed with fermented miso paste

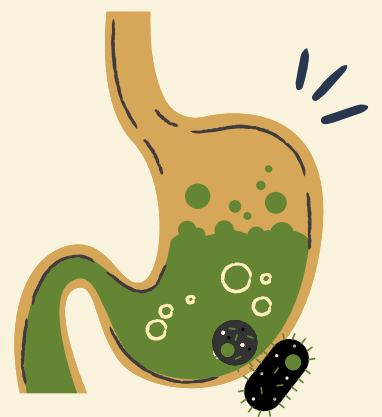
Benefits

- Anti- Inflammatory
- Anti-Carcinogen
- Anti-Diabetic
- Antioxidant



Nutritional Profile

- Gut-friendly bacteria (T. halophilus & Enterococcus faecium)
- Soy protein rich
- Vitamins E and K
- Amino acids
- Isoflavones
- 1 Cup serving size: 84 calories



Recipes/How to Eat

For the Miso:

7oz Silken/Soft tofu
5-5 Tbsp Miso paste
1 Tbps Dried seaweed
1 Green onion

For the Dashi:

4 Cups water
Kombu(dried kelp)
1 Cup Katsuobushi

Combine all, while heating to desired temperature



History & Origin

Miso soup was introduced to Japan during the Asuka period CE of the 7th century. However, it is thought that fermented miso originated in China and later made its way into Japanese culture- where it became popular.



Fun Facts

- Miso was used to produce tamari, Japan's original form of soy sauce.
- Miso was a "daily meal" for the samurais during the Kamakura period (1185-1333 CE) and during the age of the Japanese civil wars.



REFERENCES

The history and culture surrounding Miso soup. Kobe Jones. [Here](#)

Homemade miso soup 味噌汁. Just One Cookbook. [Here](#)

Miso: A traditional nutritious & health-endorsing fermented product. [Here](#)