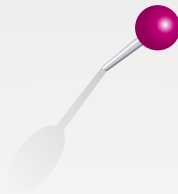


Adios™

A natural aid for slimming



QUICK & EASY PEA & HAM SOUP

Serves: 2 as a main meal or 4 as a light bite

Ingredients

- 1 onion, peeled and roughly chopped
- 1 small bag of frozen peas
- 150g cubed pancetta
- 1 veg or chicken stock cube dissolved in 2 pints (1 litre) boiling water
- Small sprig of mint (optional)



Method

- 1 Put the chopped onion and pancetta into a deep pan. Fry until pancetta is cooked and onions are soft.
- 2 Drain off any excess fat from the pan.
- 3 Add the stock water to the pan.
- 4 Add bag of peas into the boiling water. Lightly simmer for 10 minutes.
- 5 Roughly blend the mixture – depending on how you like your soup.
- 6 Chop then sprinkle the mint on top. Serve and enjoy!

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: