

Recipe

Best Soup for Women

By

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Ingredients

6 cups water
2/3 cup soy sauce
3 pieces of dong quai (radix angelicae sinensis: Chinese herb)
8 pieces of huang qi (radix astragali membranacei: Chinese herb)
10 pieces of dried Chinese dates (red)
10 pieces of dried Chinese dates (black)
1/4 cup goji berries
8 pieces big chunks of dried gluten/soy meat/ fried tofu (or regular firm tofu cut into cubes)

Preparation

Wash the herbs (they are tree barks) and dates.

In a medium pot, cook all ingredients and bring to a boil. Turn the heat to low and cover with the lid and cook for 40 minutes.

***This is the best food to regulate your menstruation. Also, this soup is loaded with iron and it not only will make your skin looks youthful but also make you feel energetic! Best yet, this soup is not limited to women; it is actually good for both men and women.

Serves

4 to 6 servings

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Hare Rama Hare Rama Rama Rama Hare Hare