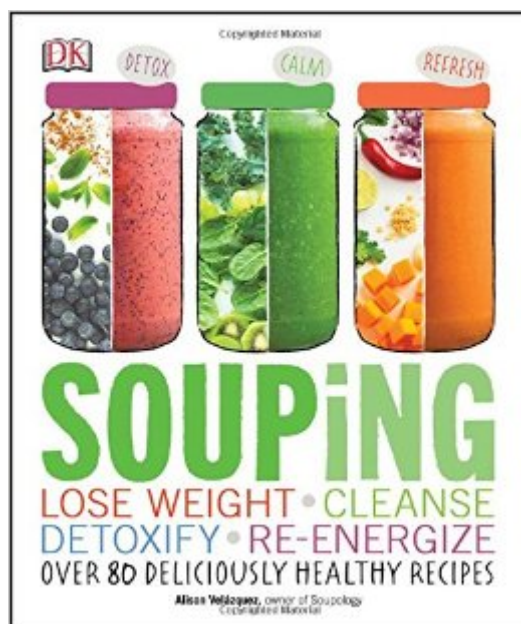


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# Souping



## Synopsis

A full-color cookbook with more than 80 healthy hot and cold soup recipes and cleanses for losing weight, detoxification, and revitalized health. Souping is a new way to cleanse the body. Packed with more than 80 delicious and incredibly healthy recipes that can be eaten on the go, Souping is the first-ever cookbook of its kind to cover this trend. Step-by-step instructions for making and storing each savory, sweet, filling, energizing, or calming soup make souping easy, and nutritional breakdowns and explanations of the health benefits of key ingredients allow you to track your progress. Both time- and goal-based plans ranging from one to seven days outline day-by-day menus, never offering the same meal twice. Whether you want to lose weight, boost your immunity, or improve your overall health, Souping can help you cleanse smarter.

## Book Information

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (49 customer reviews)

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## Customer Reviews

Souping is an amazingly attractive cookbook chock-full of great soup recipes to help you improve your health, re-energize and hopefully lose weight if you need to. There are over 80 recipes and almost every recipe is accompanied by a beautiful photograph along with clear instructions and handy tips. I got this book yesterday and made my first soup today, the Spiced Chickpea soup. Oh, wow it is absolutely wonderful. Just perfect for a snowy day like today. The soups are grouped by season so you can take advantage of seasonal produce. I am so excited to have this book. The recipes sound so good. I like that most of them are blended because I really hate vegetables but the author has added some fruits to the vegetables so I think I will really like a lot of them. I am planning

to try the Peaches and Greens soup and the Papaya and Spinach soup. There is a wide variety of vegetables and fruits represented here and I am anxious to try them all. There are ten cleanses in the book ranging from two to five days duration and with complete detailed instructions on how to prepare and complete them. I would definitely recommend getting this book it is such an easy way to improve your health.

Souping is really a remarkable cookbook â” offering a revolutionary concept, I think, as a way to eat more healthily, get more nutrients, and enjoy a richly flavorful and varied plant-based diet. Here, âœsoupingâ” is in contrast with âœjuicing;â” whereas juicing can be used for cleanses and such, theyâ™re frequently sweet and based on fruits. With âœsoupingâ” you have a variety of vegetables, fruits, and other healthy foods to choose from, and a much wider range of flavors, from savory to sweet. The recipes are great for cleansing, but I also really like how souping helps to retain nutrients that are lost with other ways that I prepare vegetables and it's just a healthy way to eat. This book is divided by the four seasons, focusing on whatever fruits and veggies are at their peak. There are specific directions for multi-day cleanses, including shopping lists, preparation timelines, and suggestions for specific meals, snacks, and desserts â” all spelled out. But for me, so far, Iâ™m just really enjoying these super-quick and super-healthy soups, (and what I would call) broths, smoothies, teas, and more. Some are hot, like the zucchini soup with basil or the pear soup with cinnamon (similar to a mulled cider). For many, I just blend up the ingredients, like the peach soup with basil. Others are prepared more traditionally, like the curried butternut or French lentil. Among my favorites are the stocks and broths, like the jalapeno chicken, sesame vegetable, and ginger beef bone broth. The book itself is beautiful too, with striking, full-page photography and a sophisticated and clean layout.

Really enjoyed the concept of soup cleanses. Have so many soup books and love soup but this book really motivated me to kick start getting ready for Spring and past the post holiday doldrums. I like juicing but the time and cost is difficult. So this is a good alternative. Works well for 5/2 diets too.

LOVE this book! The soups are easy to make. The fasts are broken down into details that are easy to follow and easy to plan for. I prefer print books when I buy cookbooks, and this one is BEAUTIFUL on glossy paper with colorful photos. I bought two other soup fast books when I purchased this one and this one is my hands down favorite.

Souping is an exceptional health/lifestyle cookbook put together in an easy to understand format. I love that the recipes are simple yet have some very unique flavor combinations that give you a huge variety to choose from so you don't get bored. The cleanses are set up to be flexible so you can choose from a 2-day to 5-day cleanse and each set up in a table format that is easy to follow from preparation before to the actual daily menu. I started with just replacing my daily lunch with a soup before i jumped in to incorporating a cleanse. I love that it can easily make a positive change towards improving your health immediately. Lots of great information laid out in a way thats not overwhelming so you stay motivated to continue souping! I LOVE it and would definitely recommend it.

This book has introduced me to many new ideas for healthy eating. Where I would struggle to find ideas which combined ingredients into healthy and tasty recipes, which I could prepare fairly easily; Alison Velazquez has removed my blinders. Everything I need is here, both as a template for wonderful recipes (and most importantly HOW to most effectively put them to use for my benefit.) and a guide for future experimentation. A must read for anyone who is serious about living at their peak of health.

I have a huge cookbook collection. It is hard to impress me. I'm speechless. This might be the most gorgeous cookbook I've ever seen. I cannot wait to start making the inventive and unique recipes contained in this treasure trove for soup and juice lovers. The recipes contain tons of flavors like cacao or basil or ginger, often combined with unexpected fruits or veggies. Additionally, every recipe has options, e.g., how to make a creamy or spicy version. I had never heard of the author and bought this cookbook on a whim. What luck!

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