

Pea Soup

Serves 4



INGREDIENTS

1 g de Fiberagar®
500 g frozen peas
300 ml water (for peas)
300 ml water (for Fiberagar®)
100 ml olive oil



PREPARATION

1. Thaw the peas and puree in the blender with 300 ml water. Sieve to remove any remaining skins.
2. Heat the remaining 100 ml water to boiling and add the Fiberagar®. Continue to boil for 1 minute until completely dissolved. Remove from heat and let cool until lukewarm (do not allow it to set).
3. Pour the water with dissolved Fiberagar® into the pea mixture. Stir thoroughly. Add salt and olive oil to taste.