



# Fuchsia Whole Wheat Flakes Multi-Herbs Lentil Soup

Lentil soup with Fuchsia Whole Wheat Flakes Multi-Herbs is a hearty and nutritious dish that combines the earthy flavors of lentils with the wholesome texture of the whole wheat flakes multi-herbs. This soup is a popular and healthy choice, as lentil is rich in protein, fiber, and various essential nutrients.



## Ingredients

- 2 tbsp of Fuchsia Whole Wheat Flakes Multi-Herbs
- 3 tbsp olive oil
- 1/2 onion, diced
- 1/4 cup diced tomatoes
- 1/2 cup yellow lentils
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 2 tsp salt and ground black pepper
- 1/2 cup chopped parsley for garnishing



## Instructions

- Heat oil in a large pot over high heat.
- Add onion and sauté until beginning to soften, about 2 minutes.
- Add diced tomatoes
- Stir in lentils, turmeric, cumin, salt, and black pepper; bring to a boil.
- Let it cook for 30 minutes.
- Purée soup with an immersion blender until smooth.
- Serve hot with Fuchsia Whole Wheat Flakes Multi-Herbs and parsley on top for a crunchy taste.



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