



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.

