

## Lemon Spinach Soup

Lots of flavor for so few calories – a perfect starter on a chilly day!

### Ingredients

2 cups low sodium chicken broth  
2 tsps fresh lemon juice  
1/3 tsp ground thyme  
1/8 tsp salt  
4 each fresh spinach leaves  
1 each fresh green onions



### Directions

1. In 1-quart saucepan, bring broth, lemon juice, thyme, and salt to boil over high heat.
2. Meanwhile, divide spinach in serving bowls.
3. Pour hot soup over spinach. Garnish with green onion and serve immediately.

Makes 2 servings

### Nutritional Information:

|                 |    |
|-----------------|----|
| Calories:       | 26 |
| Effective Carbs | 2g |
| Fat             | 0g |
| Protein         | 4g |

Recipe from dLife.com

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