



# WINNING AT WINTER WELLNESS



**Winter is here so now is the time to supercharge our immunity by maintaining our physical activity and a balanced, nutritious diet.**

Did you know that 70% of our immune system is controlled and centred in the gut? True. And studies have proven that a diet high in fibre, fruit and veggies helps our immune system thrive as best it can.

So for a boost in gut goodness, we've teamed up with Mood Food Nutrition again to bring you a seasonal, nourishing and delicious Hearty Harvest Winter Veggie Soup recipe, perfect to help protect against winter cold and flu. Make it, freeze it, love it!

**[fitnesspassport.com.au/info/](https://fitnesspassport.com.au/info/)**



Mood Food has an online 6-week program full of videos, recipes and meal plans teaching you how to enhance your gut and mental health this winter! Mood Food is exclusively offering all Fitness Passport members a huge 50% off its 6-week online program. Using the code **FP50**  
Visit: [moodfoodnutrition.com.au](https://moodfoodnutrition.com.au)





6  
SERVINGS



20  
MINUTES

## METHOD:

1. In a large pot add 3 tablespoons of olive oil and heat
2. Add onion and cook for 4-5 mins until translucent
3. Add garlic, herbs and carrot and continue to fry for another 1-2 mins
4. Add all other ingredients and water if needed
5. Simmer for approx. 1.5 hrs, stirring every 20 mins and topping with water if necessary.

**Note:** If adding chicken, add after step 4.

# HEARTY HARVEST WINTER VEGGIE SOUP

## INGREDIENTS:

- 1 large onion finely chopped
- 1 large clove of garlic, crushed
- 1 tablespoon mixed dry herbs
- 2 large carrots, sliced
- 1 broccoli, including the stalk
- 1 packet soup mix
- 1 tin crushed tomatoes
- 1 litre of stock
- Optional: 2 chicken breasts finely sliced

