

## Prepare for Fall Soup

This is an ancient Chinese soup used to balance the internal Yin and Yang for the Fall season. It's very balanced and light in flavor and can help energize and keep you healthy for the coming months.

**Health Benefits:** Coixseed can drain the internal dampness and boost stomach and spleen energy. Lotus seed can replenish kidney, stomach and spleen energy, clam the mind. Cowgram can improve immune system and benefit the digestive system.

Fresh apple is the fruit in season. It can prevent cardio-cerebral-vascular disease, lower the cholesterol levels and it's rich in vitamin A, C, E, potassium and antioxidant. Cinnamon and ginger can warm the body and expel the internal coldness.

### Ingredients:

1800ml Water

1 Chicken leg quarter

15g Coixseed (also called Job's tears)

80g Fresh apple

15g Cowgram (also called blackeye peas)

10g Lotus seed

3g Ginger

Additional: Cinnamon powder and salt to taste

### Cooking Instructions:

Add chicken leg quarter, coixseed, cowgram, ginger, lotus seed to water. Bring to boil on high heat. Turn to medium heat for about 20 minutes. Add apples to a boil. Add cinnamon powder and a little salt to adjust the flavor.