

## Lemon Egg Drop Soup

*This recipe makes 2 servings*

*Each serving = 1 protein, 1 vegetable, 1 lemon*

*Each serving has 125 calories*

This tangy Greek inspired soup uses eggs as your protein resulting in a light and soothing soup that's perfect for lunch.

### Ingredients

- 4 cups hcg Diet approved basic chicken broth
- 8 large eggs (only use 2 whole egg and 6 egg whites)
- juice of 2 lemons
- 3 drops stevia lemon flavoured drops or regular stevia (optional)
- 200 grams of baby spinach
- sea salt and pepper to taste
- 2 Tablespoons finely chopped parsley leaves

### Directions

1. Place broth in a medium saucepan and bring to a simmer over medium heat.
2. In a small bowl whisk together the eggs, lemon juice, and Stevia drops. Slowly whisk in 1 cup of hot broth and transfer bowl contents to the saucepan.
3. Add spinach, if using, and continue cooking over low heat for 5 to 8 minutes, stirring often.
4. Just before serving, season to taste with salt and pepper, and stir in the parsley.

