



# Thyme soup

## Ingredients (serves 1)

- 2 slices of stale bread
- A few sprigs of thyme
- 1 garlic clove
- 400 ml water or vegetable stock
- Extra virgin olive oil
- Salt (Skip in case of hypertension or fluid retention)

## Method

1. In a pot with a splash of olive oil, fry one garlic clove until lightly golden.
2. Add two slices of stale bread and slightly brown both sides.
3. Add the water or vegetable stock and cook for one minute.
4. Add a few thyme sprigs. Take off the heat, cover and let it infuse for a few more minutes.
5. Remove the sprigs and blend until smooth. Season with salt.
6. Serve the soup warm with a drizzle of olive oil.

## Recommendations

To increase the nutritional value you can add an egg to the hot soup before serving.  
Blend to obtain a more homogeneous texture without lumps if necessary.