

## LET'S MAKE SOUP!

Not even joking, I have not been this excited about recipes for a very long time. You have to see the soup recipes that Catherine has created. We are so lucky to get these amazing recipes and an amazing menu plan given to us. You guys, I think there is going to be a lot of pictures of soup coming up this month. Especially for all of those of us in the southern hemisphere, where it's getting a little bit chilly.

The fact of the matter is there are so many easy ways to nourish ourselves during winter time, but soup would have to be like the best go to. Wouldn't you agree? There's just something so amazing about a pot of soup simmering away on the stove. So, get in, enjoy some of these recipes. I am absolutely starting with the beef and barley soup because ... barley. And it just sounds and looks so delicious.

I also do wanna say, it's really hard to take attractive pictures of soup, so here's a little challenge to you. Get making your soup, and start posting Pinterest worthy pictures of soup, just try it, into Facebook. It's not as easy as it sounds, but I would love to see your pictures in our Facebook group. Go enjoy the goodies that are waiting for you in this month's Nourish week, where we dive into soup. Literally, like dive in, swim in your soup. See you next week.