**Five-Minute Miso Bowl [Vegan]**

t

*Ingredients*

* 2 tablespoons miso paste
* 1 tablespoon tamari
* 2 tablespoons toasted sesame oil
* 2 tablespoons shredded dulse
* 1 inch fresh ginger root, minced
* 2 cups boiling water

*Optional Add-Ins:*

* Cubed tofu (optional)
* Soba noodles (optional)
* A scoop of cooked brown rice (optional)
* Fresh spinach (optional)
* Sliced scallions (optional)
* Toasted sesame seeds (optional)

*Preparation*

* In a high-speed blender, combine the miso, tamari, toasted sesame oil, ginger, dulse and boiling water. Blend for 30 seconds until well combined. Pour into bowls and sip as a simple broth, or add your desired add-ins for a heartier meal.