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# Soup Is the New Juice

Sitting down with a spoon beats a cold glass of anything. Here's why.

By Shaun Dreisbach

**S**oup has always been something of a supporting player—it's what you eat when you're sick, or maybe a starter course at a fancy dinner party—so the fact that people are all excited about the stuff right now is a bit of a surprise. But unlike so many health trends, this one's actually worth the hype. How to make the most of your next bowl:

**Go Ice-Cold**

Juice might sound refreshing, but there's a great reason to pick a chilled soup to cool off instead. Juices almost always eliminate the fibrous pulp from fruits and vegetables, which means you're going to

be starving 20 minutes after you finish. With soup, "you slow down and eat an actual satisfying, utensil-required *food*," says Rachel Beller, R.D., founder of Beller Nutritional Institute in Beverly Hills and author of *Power Souping*. "Plus, the fiber in all that produce keeps you fuller longer, and for very few calories."

**Avoid "Cream-of-Whatever" Types**

"Soups are a great way to get the nutrients you need for an entire meal in one bowl," says Beller. "You can easily get three or four servings of produce." But for health benefits, you've got to go with blended-veggie or broth bases—not, sadly, a cream- or dairy-based soup with a layer of cheese bubbling on top.

**Make Your Own**

Gazpacho often reigns as the standard of the cold blends (visit [glamour.com](http://glamour.com) for Tory Burch's simple rec-

ipe). But we love this easy formula from Beaming, a healthy California café chain beloved by celebs like Reese Witherspoon and Jennifer Garner: Sauté some flavorful veggies (about 10 peeled carrots or two heads of cauliflower along with a quarter of a sweet potato, a chopped shallot, one chopped clove of garlic, and a tablespoon of chopped peeled ginger) until soft. Chill in the fridge for at least two hours. Puree in a blender with a liquid (a cup of chicken or vegetable stock and/or a half cup of light coconut milk), and a handful of raw greens if you like; add salt and pepper to taste, and sprinkle in some summery spices like cumin or chili powder. You just won lunch for days!

**Fresh Toppings**  
Greek yogurt, nuts, or fresh herbs add texture and flavor.



SOUPS: LEVIBROWN/TRUNK ARCHIVE