

What is “ Miso “ & “ Benefit “ ?

**Miso is a fermented soybean paste with a salty taste , a buttery texture and a unique nutrition profile that make it a versatile condiment for a host of different recipes , and a foundation for traditional miso soup. In addition to soybeans , miso can include rice , barley or wheat.*

***Miso is made by adding a yeast mold known as koji to soybeans and other ingredients and allowing them to ferment for a period of time ranging from months to years , depending on the specific type of miso being produced. When the fermentation process is completed , the mixture is ground into a paste similar in texture to nut butter.*

****The color , taste , texture , and saltiness of miso depend on the exact ingredient used and the duration of the fermentation process . Miso can range in color from white to brown . The darker the coloring , the more robust the flavor and saltiness.*

*****The 6 popular types of **Miso** are :*

- 1. Hatcho miso ~ made from soybeans only.*
- 2. Kome miso ~ made from white rice and soybeans*
- 3. Mugi miso ~ made from barley and soybeans .*
- 4. Soba miso ~ made from buckwheat and soybeans.*
- 5. Genmai miso ~ made from brown rice and soybeans.*

6.Natto miso ~ made from ginger and soybeans.

*****Miso is a delicious fermented food that has been eaten in Chinese and Japanese for many centuries. Today it is a favorite of health minded people in the West because of its many **anti-aging** benefits. It can build up the **inner ecosystem** and assure the digestive tract is amply supplied with beneficial **bacteria**. These bacteria help **digest**, **synthesize**, and **assimilate nutrients** so necessary for **good health and anti-aging**. They also **strengthen the immune system**, keeping it at the ready to fight **infection and cancer**.*