

# Cream of Broccoli, Kale & Spinach Soup

11 ingredients · 30 minutes · 4 servings



## Directions

1. Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
2. Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
3. Add salt to taste.
4. Add coconut milk and stir well.
5. Add spinach and kale. Stir just until the greens are wilted and remove from heat.
6. In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
7. Transfer blended mixture back into a large pot. Warm to desired temperature.
8. Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

## Ingredients

- 2 cups Kale Leaves (chopped)
- 2 cups Baby Spinach
- 3 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tbs Coconut Oil
- 1/8 tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 cup Organic Coconut Milk
- 1/2 Lemon (juiced)
- 1 Avocado (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	261	Vitamin C	85mg
<b>Fat</b>	22g	Calcium	93mg
Saturated	13g	Iron	2mg
<b>Carbs</b>	15g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.3mg
Sugar	4g	Folate	120µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	46mg
Sodium	460mg	Zinc	1mg
Potassium	704mg	Selenium	2µg

Vitamin A 2674IU