

Creamy Garden Soup

BY THE PUREFORMULAS NUTRITIONISTS



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 2 large heads broccoli (remove stems, use florets only)
- 3-4 fresh basil leaves
- 1 white onion (diced)
- 1 stalk celery
- 3 garlic cloves (minced)
- 1 tbsp. of coconut oil ✓
- 1 1/2 tsp. of Himalayan salt ✓
- 1 tsp. of turmeric ✓
- 1/4 tsp. of ginger ✓
- 1/4 tsp. of pepper ✓
- 4 cups of organic vegetable stock

DIRECTIONS:

1. Add all ingredients in a large cooking pot with lid and cook in medium heat until the veggies are tender (about 30 minutes).
2. Remove soup from heat, pour into a blender until content is smooth.
3. Pour soup into serving bowl and top with green onion (optional).