

Broccoli Soup

Ingredients:

8 cups of broccoli florets (about 2 heads)

1 ½ liquid reserved from steaming

½ cup cashews

3 garlic gloves

2 TBL lemon juice

1 TBL maple syrup

½ tsp salt

½ tsp poultry seasoning

Directions:

Steam the broccoli until tender, about 5 minutes. Reserve 1 ½ cups of steaming liquid. Place the steamed broccoli into the blender along with the steaming liquid, cashews, garlic cloves, lemon juice, maple syrup and salt and poultry seasoning. Blend until a smooth creamy broccoli soup forms.