



Oats and broccoli soup (L)

Serving: 1

Veg

Ingredients

- -1 tbsp oats
- - $\frac{1}{2}$ cup broccoli florets
- -2-3 garlic cloves
- -1.5 cup water
- -1 small onion chopped
- -2 tbsp sweetcorn
- -1 tsp oil
- -salt and pepper to taste

Preparation Method

- -Blanch broccoli, strain and reserve water
- -keep few florets aside and puree the rest
- -Heat 1 tsp oil, saute garlic and onion.
- -Add puree, left florets, reserved water. Add sweetcorn, pepper, oats dissolved in 3 tbsp water.
- -Simmer for 5 minutes and serve Hot