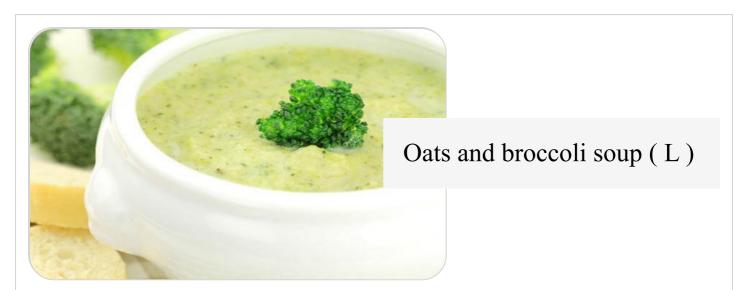


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Serving: 1 Veg

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 buree, left florets, reserved water. Add sweetcorn, pepper, oats dissolved in 3 tbsp water.
- -Simmer for 5 minutes and serve Hot