



## Broccoli Almond soup ( L )

Serving: 1

Veg

### *Ingredients*

- Broccoli - 70 grms
- Onion - 2 tbsp chopped
- garlic - 3 clove chopped
- Almonds - 4 units peel and chopped
- black pepper corn 1
- Low fat milk - 1/2 cup
- oil - 1 tsp
- salt to taste
- water - 1/2 cup
- vegetable stock - 1 cup

### *Preparation Method*

- Place almonds in hot water for 5 minutes, drain water and pinch the almond to remove the skin, it will come out easily. set aside. Cut the broccoli into florets.
- Take a pot and heat, add oil and chopped garlic and onion. Saute for 2 minutes until the onion gets soft.
- Then add the broccoli florets, and peeled almond toss to combine.
- Add vegetable stock and salt to taste, close the lid. Let it boil and cook for 5-10 min. Cooked until broccoli is soft. Turn off the flame and let it cool down.
- Puree the soup using a blender or mixing jar
- Then transfer the soup base to the blender, make a smooth puree consistency and strain it the soup base.
- Put the strained puree to the pot, add milk, and stir and cook until smooth. Let the soup simmer for 2 to 3 minutes. Garnish with sliced almonds and serve hot.