



Immune Boosting Green Soup

Original Author Simply Vegan Blog



serves 2

INGREDIENTS

- 2 cloves of garlic
- ½ chopped onion
- ½ chopped leek
- ½ cup frozen peas
- 1-inch piece of fresh ginger
- ½ head of broccoli florets, chopped
- 3 handfuls of fresh kale or spinach
- 1 14-ounce can coconut milk
- 3 cups water or vegetable broth
- ⅛ teaspoon cayenne powder
- 1 teaspoon sea salt
- Ground black pepper to taste
- 4 tablespoon nutritional yeast
- The juice of half a lemon

DIRECTIONS

1. Place all the ingredients in a pot, except the nutritional yeast and the lemon juice.
2. Bring the soup to a boil and then cook over medium-high heat for 10 minutes.
3. Pour the soup into a blender, add the yeast and the juice and blend until smooth.
4. Serve the soup in a bowl and add your favorite ingredients on top...with pumpkin seeds, chia seeds and almond flakes.

*Brassica oleracea (wild cabbage)
and the great veggies we eat today!*

