



Raw Broccoli Soup

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 4

Nutrition Information Per Serving

447.6 calories, 26.7 g carbohydrate, 6.55 g fiber, 20.15 g NET carbs, 13.27 g protein, 35.57 g fat

Ingredients

- 1/2 Tbsp(s) Olivado Avocado Oil
- 2 cup(s), chopped organic broccoli
- 1 clove organic garlic
- 3 cup(s) filtered or spring water
- 1/2 tsp(s) sea salt
- 1 tsp raw honey
- 1 medium organic avocado
- 1 cup raw cashews, soaked

Preparation

1. In a high speed blender or Vitamix, add water, cashews, and honey. Blend until smooth.
2. Add remaining ingredients and blend until creamy.
3. Serve.

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