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RECIPE: BROCCOLI AND ALMOND SOUP

INGREDIENTS:

- 1 tablespoon oil or butter
- 1 large onion, finely chopped
- 4 celery stalks
- 750gm broccoli
- 4 cups vegetable stock
- 1 tablespoon fresh dill, chopped
- 1/2 cup almond meal
- Pepper

METHOD:

1. Heat oil or butter in saucepan, and sauté onion and celery until soft
2. Add vegetable stock, broccoli, dill, pepper and bring to boil
3. Allow to cool, then add and blend in almond meal
4. Garnish with a sprig of dill