

Creamy Broccoli Spinach Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic
- 4 cups broccoli florets
- 2 cups spinach leaves
- 3 cups vegetable broth
- 1/2 cup cashews (soaked for 4 hours)
- Salt, pepper, and lemon juice to taste

Instructions:

1. In a pot, heat oil and cook onion and garlic.

2. Add broccoli and broth. Cook until soft.
3. Add spinach and cook 2 minutes more.
4. Blend everything with soaked cashews until creamy.
5. Season with salt, pepper, and lemon.

Benefits:

High in fiber, detoxifying greens, and cashew cream adds protein and healthy fats.