

Creamy Broccoli & Spinach Soup

Ingredients

- 2 cups broccoli florets
- 1 cup fresh spinach
- 1 small onion, chopped
- 2 garlic cloves, minced
- 3 cups vegetable broth
- ½ cup unsweetened almond milk
- 1 tbsp olive oil
- Pinch of nutmeg, salt, and black pepper

Instructions

1. In a pot, heat olive oil and sauté onion and garlic until soft.
2. Add broccoli, spinach, and vegetable broth. Bring to a boil.
3. Reduce heat, cover, and simmer for 8–10 minutes until broccoli is tender.
4. Blend soup with almond milk until creamy.
5. Add nutmeg, salt, and pepper. Serve warm.

Benefits

- Broccoli + spinach: iron + vitamin C synergy
→ better absorption, supports hair growth.

- Almond milk: vitamin E → protects skin from oxidative stress.
- Garlic: antibacterial properties → helps clear skin.