

## Cream of broccoli soup

Serves 2-3

1 heads of broccoli  
2 cups of vegetable stock or water  
1 leek trimmed, washed thoroughly and sliced  
1 zucchini (courgette) diced  
Handful of raw cashews  
1 heaped teaspoon vegetable bouillon (Marigold do a good one)  
Dash of white pepper or sweet paprika  
1 sheet nori, cut into thin strips (optional)

**Method:** Remove the stalks from the broccoli. Cut the heads into florets. Trim and peel the stalks, then slice. Bring the vegetable stock or water to the boil in a large saucepan over high heat. Add the broccoli stalk, leek and zucchini and simmer for 10 minutes. Add the broccoli florets, cashews and vegetable bouillon. Cover and simmer for 8-10 minutes. Allow the mixture to cool a little, then puree it in a blender until smooth. Taste and adjust the seasoning if necessary. Reheat and stir through the white pepper or paprika. Serve in individual bowls sprinkled with nori strips.



**Ingredients:** **Broccoli** – contains B vitamins, vitamin A and more vitamin C than citrus. Also, has iron and its greenness shows its high chlorophyll content, which is good for detoxification. **Leek** – sour in flavour and astringent in nature making it good for diarrhea and to counteract bleeding. **Garlic** – anti-viral, anti-bacterial and anti-fungal – known as nature’s antibiotic, beneficial for circulation and lowering blood pressure.

*“Spend as much time enjoying the meal as it took to prepare it.”  
(Michael Pollan, Food Rules)*

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*Karen has been working as a Naturopath in clinical practice for over 10 years. She is a keen cook and lover of food. She also works as a Senior Lecturer in Nutritional Medicine at Endeavour College of Natural Therapies lecturing in Weight Management.*

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