

## Cream of Broccoli Soup

*This recipe is a vegan version of Cream of Broccoli soup.  
It's also Ayurveda and Registered Dietitian approved!*

### **Ingredients:**

4 cups of chopped broccoli and/or zucchini or other veggies,  
You choose! Carrots and squash are great.

2 cups spinach

4-6 cups water (just cover the veggies)

**Spice Options:** 5-10 turns of pepper, 1 tsp sea salt,  
1-3 tsp Nutritional Yeast, bay leaf, oregano and/or other spices.  
I only used salt, pepper and nutritional yeast in this version.

2-4 Tbs of cashew and/or sesame butter. I like Living Tree:

<http://livingtreecommunity.com/>

½ large lemon, juiced

¼ lime, juiced



### **Directions:**

1. Bring veggies, water and spices to a boil and then to a simmer for about 15 minutes or until veggies are tender. Add spinach at the very end.
2. To the blender, add: nut butter, lemon juice, lime juice and all the veggies, water and spices from the pot.
3. Pulse to mix very lightly. I like some chunks in mine, or you can blend it super creamy. Add more water and/or nut butter to get the texture you like.
4. This recipe is super forgiving so have fun and play with it! You can't mess this one up.

**Bonus Tip:** This recipe can very easily be made LEAP\* friendly by choosing your "approved" veggies, spices and nuts or nut butter. Choose from the list created for your current Phase.

**Makes:** depends on how much water you use. ~ 4 servings.

**Serving Size:** 2+ cups, depending on what else you eat with it.

**\* Remember to practice Conscious Eating so you thoroughly digest and absorb your food.**

**This recipe is LEAP friendly based on your MRT results. What does that mean?**

LO Solutions offers the MRT test, which is the gold standard food sensitivity test for inflammation. Results are shown as reactive and safe, for 120 foods & 30 food chemicals. All untested foods are taken out of one's diet for a period of time, while we eat our safest foods for 2 weeks, and slowly increase foods over a 3-6 month period.

This heals the body, calms down the immune system, and decreases inflammation and thus symptoms. This recipe can be made into an anti-inflammatory recipe for *your* body (based on results) and it's sure to nourish your body too! When you receive MRT test results, these are the types of personalized recipes I help create for your body & protocol. Contact Lila or read more [here](#).



*Lila Ojeda*

Photo Progression:

