

Keto Cream Of Broccoli And Coconut Soup

Description

This soup is creamy and delicious. You will love it.

Prep/total time: Thirty minutes

Servings: 4

Ingredients

For Soup:

- 2 tablespoons of virgin coconut oil
- 2 garlic cloves, peeled and crushed
- 2 large shallots (1.6 oz)
- 1 head of broccoli, sliced in florets (10.6 oz)
- 4 cups of vegetables stock (32 Fl oz)
- 1/3 teaspoon of salt
- 1/4 teaspoon of cracked black pepper
- Optional: A handful of watercress
- 3/4 cup of full-fat coconut milk (6 Fl oz)
- 2 tablespoons of coconut cream (1.1 oz)

Additional Toppings:

- 1 tablespoon of extra virgin olive oil
- 1 tablespoon of coconut yoghurt (0.5 oz)
- 1 heaped tablespoon of pumpkin seeds (0.4 oz)
- 1 heaped tablespoon of sunflower seeds (0.4 oz)
- 1/3 cup of coconut chips (0.7 oz)
- 1 tablespoon of dukkha spice mix
- Handful of watercress leaves

Instructions

1. Pour the stock into a saucepan and place over medium heat for about twenty minutes. Cook until it reduces by half its volume.
2. Peel and dice the garlic and onion, then set aside. Add in one tablespoon of coconut oil into another saucepan and cook the onion over medium heat for about two minutes. Add in the garlic and cook for an extra minute. Remove from heat.
3. Chop the broccoli florets and add into the reduced stock. Place overheat and add in the onion and garlic mix, coconut milk, and pepper and salt. Cook for about two minutes until heated through.
4. Pour the soup into a high-speed blender and then add in one tablespoon of coconut oil. Coconut cream and watercress if desired. Blend until smooth and pour into the pan. Cook the mixture until heated through. Serve in bowls.
5. Top with seeds, coconut chips (can be toasted until golden), dukkha spice blend, and extra virgin olive oil.