

# Broccoco Spinach Soup



Ready in 15 min

Serves 2

## Ingredients

- Broccoli crystals 0.5 oz
- Spinach crystals 0.1 oz
- Creamed coconut 3.5 oz
- Cacao butter 1 oz
- Plant mylk 2.5 cups
- Lemon juice to taste<sup>\*\*\*</sup>
- Asafetida gum powder<sup>\*\*</sup>
- Pink salt to taste
- Toppings: cracked black pepper, Kashmiri chili powder & pine nuts<sup>\*</sup>

## Preparation

1. Gently melt the creamed coconut & cacao butter in a pan.
2. Add a tiny amount of asafetida gum powder (just on the tip of the knife).
3. Pour in the plant mylk of your choice; add lemon juice.
4. Stir in spinach & kale crystals. Season with pink salt.
5. Bring to desired temperature & serve.

## Tips

<sup>\*\*\*</sup>There are about 30 different types of lemon. What's your favorite? I like the vivid yellow, fragrant, sweeter ones.

<sup>\*\*</sup>Asafetida gum is derived from the roots of the medicinal plant. It's easy to use in powder form and substitutes garlic & onion in cooking.

<sup>\*</sup>Don't forget to soak & dehydrate the nuts!