

DAIRY-FREE CREAM OF ASPARAGUS SOUP



An **EASY** and **LOW-MAINTENANCE** recipe for this creamy green soup!

INGREDIENTS



3 Tbsp
Olive Oil



3 Cloves Garlic
(Pressed or
Finely Chopped)



2 lbs Asparagus*
(Chopped into Small Pieces)



Freshly Cracked
Black Pepper
(To Taste)



1 Tsp
Sea Salt



2 Cups
Filtered Water



½ Cup
Full Fat Coconut Milk



Chopped Parsley & Dill
(To Garnish, Optional)

INSTRUCTIONS

1. Drizzle olive oil in a big soup pot & saute garlic for one minute.
2. Add asparagus, pepper, and sea salt, and saute for about 8-9 minutes.
3. Add water and bring to a boil, then lower to simmer for 10 minutes. Tip: The asparagus should be bright green!
4. Add in coconut milk and stir together.
5. Use an immersion blender or transfer to a blender to puree.
6. Serve and garnish with chopped parsley and dill!

*Note: It is important to weigh the asparagus to make sure it is the correct amount.