

Cream Of Broccoli Soup

Prep Time: 10 Min **Cook Time:** 15 Min **Total Time:** 25 Min
Serves 1

Ingredients

100g Broccoli
3/4 cup of Water
3/4 cup Cottage Cheese
1/2 tsp. Onion Powder
1/2 tsp. Garlic Powder
1 tsp. Sea Salt
1/2 tsp. Black Pepper

Instructions

- 1 Bring 3/4 cup of water and 1/2 tsp. of sea salt to a boil over medium heat.
- 2 Cut broccoli florets into smaller pieces to allow for faster cooking.
- 3 Put the broccoli into the boiling water and boil for 15 minutes, uncovered.
- 4 Remove the broccoli from the stove and let cool for 5 minutes. DO NOT drain the water.
- 5 In a separate container, measure out your 3/4 cup cottage cheese.
- 6 Mix all the spices (including the remaining 1/2 tsp. sea salt) into the 3/4 cup cottage cheese.
- 7 Add the cottage cheese mixture and the broccoli (with water) to a blender and blend on high for 2 to 3 minutes, or until creamy.
- 8 Pour and enjoy!

Notes

This recipe can be applied to any of the allowed vegetables during phase 2.

Please keep in mind that cottage cheese can only be used as a protein source once to twice a week.

Enjoy!!!

team victory / spray it away <http://sprayitaway.ca/>