



Healthy & Delicious Green Soup

⌚ Preparation time: 25 minutes
Cooking time: 0 minutes
Total time: 25 minutes

👤 Portions: 4

Ingredients (serves 4)

- 500 - 530g (17.6 oz) broccoli
- 2-3 celery sticks (approx. 4.2 oz)
- 150 g (5.2 oz) zucchini
- 120 g (4.2 oz) baby spinach
- 2 tbsp lemon juice
- 1 ripe avocado
- A handful fresh mint leaves (or parsley)
- 3 heaped tbsp yeast flakes
- 1-2 tbsp gluten free Tamari soy sauce
- Sea salt and black pepper to your taste
- 100 ml (1/2 cup) plant based milk (or water) for adjusting the soup's consistency
- 4 tbsp soy yoghurt for garnish
- Optional: Sprouts to your liking

For the pine nuts parmesan (optional)

- 25 g (0.8 oz) pine nuts
- 1 tbsp yeast flakes
- Sea salt

Tip: With this soup you don't need to be too precise with the quantity of each ingredient. Instead you can e.g. substitute celery with more spinach or broccoli or you can add more spinach or zucchini as indicated. You just should stick with overall quantity of ingredients but you can play around with the proportions of the different greens and can adjust it to your favorite taste.

Instructions (25 minutes)

1. Wash broccoli, celery sticks and zucchini and cut them into pieces. Wash baby spinach.
2. Bring 400 ml (1.6 cups) water to a boil and add all broccoli, the cut celery and zucchini. Boil for 12-14 minutes with the lid closed so that the veggies steam more than they cook. Then add 70 g (2/3 of it) of baby spinach, 2 tbsp of lemon juice under and let it cook for another 3-4 minutes. **Tip:** I use quite a big pot for cooking the greens as I want to avoid to use much water and the veggies steam easier if they are not stapled too much. I also cook the green with the lid closed so that the hot steam does most of the work. This saves the nutrients in your veggies.
3. Take the pot from the stove and take out some of the steamed broccoli (we will put them back after blending the soup, but of course you can blend the entire soup. I personally prefer some veggie chunks left in the soup instead of preparing it completely smooth)
4. Halve an avocado, remove the stone and put the avocado flesh into the soup. Add 3 tbsp of yeast flakes, 1 tbsp soy sauce, a handful of fresh mint leaves, a dash of salt and some black pepper and blend the soup with a (hand) blender.
5. Adjust the soup's consistency to your liking using plant based milk or water (I used about 100 ml (0.4 cup) plantbased milk).
6. Heat the pureed soup, add rest of baby spinach (approx. 50 g/1.7 oz) and let collapse. Add rest of broccoli chunks (we removed before) and season the soup to your taste using soy sauce and lemon juice.
7. Optional for the pine nuts parmesan: Roast pine nuts without any further oil in a pan till golden brown and crush them with 1 tbsp of yeast flakes and a pinch of sea salt in a mortar.
8. Serve the soup warm, garnished with soy yoghurt, mint leaves and sprouts. Drizzle with pine nut parmesan and enjoy!