

CREAM OF BROCCOLI'N'CASHEWS

Broccoli is beyond healthy, but can be a slight challenge to make tasty. That is no longer a problem, with this excellent broccoli soup. The cashews make the soup thick, velvety and creamy, as if it had been "spiked" with lots of heavy cream.



AMOUNT: Serves 4 people as a main meal if you add some wholegrain sourdough bread or mix in some cooked legumes.

PREPARATION TIME: 20 minutes

HOW TO USE: In addition to having the soup as a hot main meal, it is also an excellent appetizer. Or try having it chilled the day after served with a piece of whole grain bread, mixed with cooked legumes or cooked whole grains.

EXPIRY: The soup keeps for 2 days in the refrigerator.

YOU CAN ALSO: Try substituting broccoli with cauliflower. Try adding 3-4 pitted dates for a bit of extra sweetness. The extra virgin olive oil can be substituted with cold pressed walnut or avocado oil.

KITCHENGEAR NEEDED: A powerful blender or handblender.

HEALTH BENEFITS: The combination of cruciferous vegetables, garlic, ginger and rosemary makes for a potpourri of nutrients and phytochemicals that enhance detoxification, improve bone strength, modulate immune functioning, inhibit excess inflammation, upregulate the body's endogenous antioxidant systems just to name a few.

INGREDIENTS:

- 1 quart of water
- 1 clove of garlic, minced
- 10 gr of fresh ginger, minced roughly
- 50 gr of cashews
- 1 sprig of fresh rosemary
- ½ tsp of ground cardamom
- ¼ tsp of ground cinnamon
- ½ tsp of ground cloves
- ½ tsp of ground nutmeg
- ¼ vanilla bean
- 5 drops of fishsauce
- a dash of freshly ground black pepper
- a dash of sea or rock salt
- 600 gr fresh broccoli, cut into small pieces the stem included
- 1-3 tbs of extra virgin olive oil

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1-2 tbs of apple cider or brown rice vinegar
organic soy sauce

HOW TO PREPARE:

Combine water, garlic, ginger, cashews, rosemary, cardamom, cinnamon, cloves, nutmeg, vanilla, fish sauce, pepper and salt in a large pot and bring to a boil.

Add the broccoli and boil for 1½-2½ minutes until the broccoli is just tender.

Process the soup in a blender until completely velvety smooth. Then add olive oil and vinegar and process quickly again to mix and emulsify.

Serve hot sprinkled with a bit of soy sauce.