



## Broccoli and almond soup

How fast is this tasty soup? Very fast indeed. We suggest you may like to make a large quantity to freeze for when you need it. Great for weight loss, weight maintenance and for all the family.

### Ingredients

- 120g broccoli florets
- 1/4 onion, diced
- Pinch grated nutmeg
- 120ml boiling water
- 1/2 vegetable stock cube
- 75ml semi-skimmed milk
- 10g flaked almonds
- 1 tsp parsley, chopped

Serves 1

### Method



1. In a saucepan, mix together the broccoli, onion, nutmeg, water, stock cube and milk
2. Simmer until the broccoli is cooked, then liquidise until smooth
3. Pour into a bowl and garnish with the almonds and parsley



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