

Riverview Wellness Center

Recipe

Client Name: Howard Rose
Recipe for: Broccoli & Almond Soup

Ingredients: ½ cup blanched almonds, finely ground
1 ½ lbs broccoli
3 ¾ cups vegetable stock or water
1 ¼ cups almond milk
Salt & freshly ground pepper

Preparation: Heat oven to 350 degrees F. Spread ground almonds evenly on cookie sheet. Toast for 10 minutes. Reserve ¼ of almonds to sprinkle over finished soup. Cut broccoli into small florets, steam 6 to 7 minutes. Place remaining toasted almonds, broccoli, stock and milk in a blender and blend until smooth. Season with salt and pepper. Reheat and serve sprinkled with reserved toasted almonds.