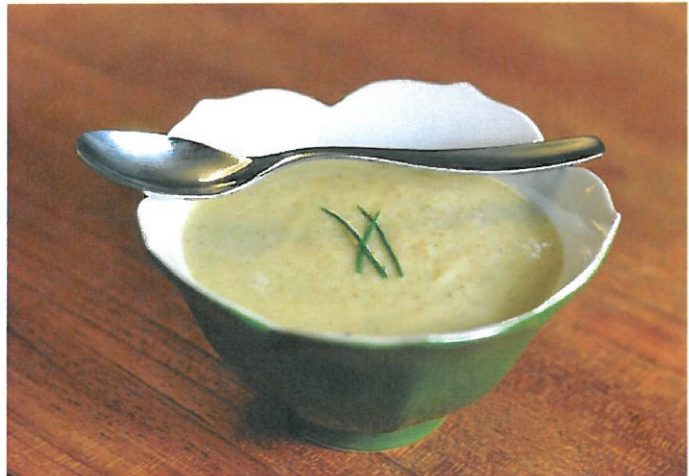


## Creamy Broccoli Soup (dairy free)

1 head Broccoli, chopped into pieces  
1 med. size leek, chopped fine  
6 small yellow potatoes, small  
cubes  
3 Tbs. coconut oil  
1 tsp Italian seasoning  
½ tsp caraway seed

1 tsp Himalayan sea salt  
1 org. bouillon cube  
4-5 cups of water



7 oz. of coconut milk (1/2 can, unsweetened)

Sautee leeks, broccoli and spices in coconut oil until soft. Add water and potatoes and bring to a boil. Simmer on low heat until all ingredients are tender. Add salt. Remove half the mixture and puree in food processor or blender with coconut milk. Crush the other half mixture with a mashing tool, and then combine the two again.

P.S.: Kids love this soup, and it's very healthy for them. Let them sprinkle some healthy cracker pieces on top.