

Cream of Celery & Asparagus Soup

#lunch #dinner #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #dairyfree #anticandida #elimination

 10 ingredients  25 minutes  4 servings

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!
4. DID YOU KNOW? Celery and asparagus are both natural diuretics that can help with water retention.

Notes

No Hemp Seeds Use cashews.

Add Some Crunch Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach Use kale, swiss chard or any leafy green.

Ingredients

- **2 tbsps** Coconut Oil
- **1** Yellow Onion (chopped)
- **6 stalks** Celery (chopped)
- **3** Garlic (cloves, minced)
- **4 cups** Water
- **1 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **1 bunch** Asparagus (woody ends snapped off)
- **1/4 cup** Hemp Seeds
- **4 cups** Baby Spinach

188 Calories

