

ROAST CASHEW AND BROCCOLI SOUP

Serves 4

1 kg broccoli, chopped, including stalks
2 large onions, roughly chopped
2 medium potatoes, roughly chopped
4 cups filtered water
3 cloves garlic, halved
2 teaspoons sea salt
1/4 teaspoon each of dried oregano, marjoram, parsley, sage
1/2 cup organic natural yogurt
2 tablespoons lemon juice
1/2 cup cashews, roasted and finely ground
Freshly ground black pepper to taste.



- Place vegetables in a large saucepan with water, garlic, sea salt and herbs, cover and bring to the boil, simmer 20 minutes, or until potatoes are tender.
- Remove from heat and puree using a blender or hand held processor.
- Add yogurt, lemon juice and cashews and blend for another minute.

Cyndi's suggestion: serve with corn on the cob.

This recipe is from Cyndi O'Meara's "Changing Habits Changing Lives Cookbook", page 127.