

## CREAMY BROCCOLI SOUP WITH TOASTED ALMONDS

*(modified from The Iron You)*

1 ½ lbs broccoli cut into florets  
2 tablespoons coconut oil (or olive oil)  
1 leek stalk, thinly sliced  
3 small celery ribs, thinly sliced  
1 garlic clove, minced (optional)  
2 ½ cups vegetable broth  
1 teaspoon fine grain salt  
Freshly ground pepper to taste  
1 (13.5 oz) can full fat coconut milk  
dash of ground nutmeg  
slivered almonds slightly browned in olive oil

Heat the coconut oil in a large saucepan over medium-high heat. Add leeks, celery, garlic, a little salt and pepper, and cook, stirring every now and then, until softened, about 7 minutes.

Add broccoli florets, broth, and bring to a boil. Reduce to a simmer and cook until the broccoli florets are tender, about 15 minutes. Add coconut milk, give a good stir and cook for further 5 minutes. Add the nutmeg and mix well.

Transfer the soup to a blender and puree in batches, or use an immersion blender if you prefer. Adjust seasoning with salt and pepper, maybe a little more nutmeg. If the soup is too thick add a bit of water; if instead it's too thin cook until it reaches the desired consistency.

Serve warm with sautéed almonds on top.