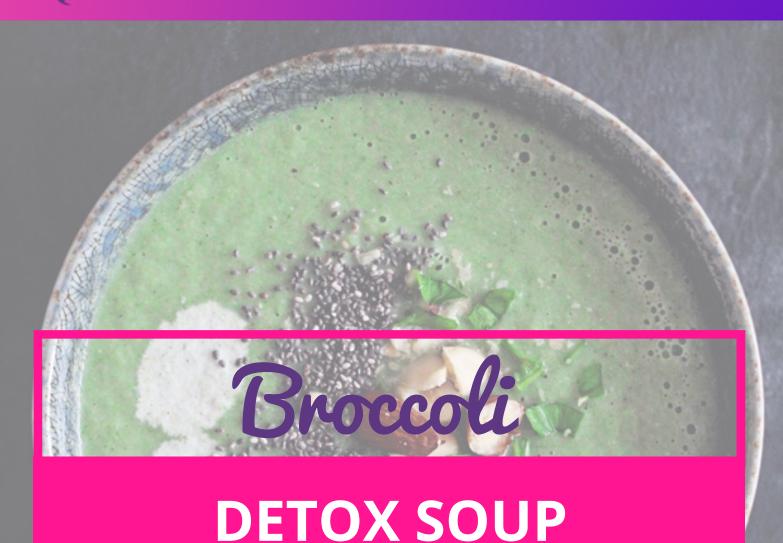


MAGIC MONDAY RECIPE





MTHERSUPPORT

MAGIC MONDAY RECIPE

Ingredients:

- 2 cups broccoli florets
- 2 celery stalks, finely diced
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 1 cup greens (kale, spinach, beet greens or any other available)
- 1 parsnip, peeled and finely chopped
- 1 carrot, peeled and finely chopped
- 2 cups filtered water or low sodium vegetable broth
- ½ Tsp sea salt
- ½ lemon, juice only
- 1 Tsp coconut oil
- 1 Tbsp chia seeds
- Toasted mixed seeds and nuts & 1 Tsp coconut milk, to garnish

Method:

- 1. In a soup pot, heat the coconut oil, add the onion, garlic, carrot, parsnip, celery sticks and broccoli, and cook over low heat for five minutes, stirring frequently.
- 2. Add the filtered water or vegetable broth, bring to a boil, then cover the pot with a lid and let simmer for 5-7 minutes, until the vegetables are tender but not mushy.
- 3. Stir in the greens, then transfer into the blender, add the chia seeds and lemon, and process to obtain a smooth cream.
- 4. Top with toasted seeds and serve warm.