



## Cream of Broccoli Soup

2 cups chopped broccoli  
½ cup chopped celery  
¼ chopped onion  
1 cup water  
2 Tbsp. butter or coconut oil  
2 Tbsp. flour  
1 can (14 ounces) coconut milk  
1 ¼ tsp. salt  
1/8 tsp. pepper  
¼ tsp. basil

Simmer broccoli, celery, and onion in water for 20 minutes or until very tender. Puree, a little at a time, in an electric blender at low speed. Heat butter in saucepan over medium heat; blend in flour and cook until lightly browned, stirring frequently. Add coconut milk slowly, stirring until smooth. Mix in puree, salt, pepper, and basil, stirring occasionally, until hot but not boiling.  
*Compliments of Dr. Bruce Fife, N.D.*

***South Pacific Trading Company***  
***Life is short. Drink it in.***



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