



Power Greens Soup

Serves: 4-6

Ingredients

2 Tbsp olive oil
2 cups onion, roughly chopped
4 garlic cloves, crushed
1 tsp ground turmeric
1 tsp sea salt
1 tsp black pepper
½ tsp fresh ground nutmeg
½ tsp allspice
1 large avocado, diced
4 cups low sodium vegetable stock
7 oz arugula
5 oz fresh spinach
½ packed cup fresh cilantro

Instructions

1. Sauté onions, garlic, and all seasonings until onions are translucent.
2. Add in vegetable stock, and all greens and simmer just until leaves are tender. Remove from heat, let come to room temp and then puree with avocado until smooth.
3. Refrigerate until service – garnish with a swirl of Greek Yogurt and a few sprigs of arugula – may be served chilled or warm.