

Creamy Macro Teff & Broccoli Soup



SERVES 2

Ingredients

¼ cup Macro Teff
1 head broccoli – chopped into florets
¼ head cauliflower – chopped into florets
1 onion chopped
1 knob garlic minced

2 cups chicken stock
¼ cup low fat cottage cheese
2 tsp olive oil
Salt and pepper

Instructions

In a fry pan add oil, garlic and onions and sauté until onions are translucent. Add in broccoli, cauliflower, Teff, salt, pepper and stock. Bring to boil, then simmer for 10 minutes covered.

Place all ingredients into a blender or processor and process until smooth. Then add in cottage cheese and blend again. Return mixture to a saucepan and heat through and serve.

Garnish with your favourite herbs and spices.

