



CREAMY SUMMER ZUCCHINI SOUP

INGREDIENTS:

- 2 - MEDIUM RED OR YELLOW ONIONS, CHOPPED
- 3 - TABLESPOONS OF REAL BUTTER, MELTED
- 8 - MEDIUM-SIZED ZUCCHINI, SLICED
- 3 CUPS OF VEGETABLE BROTH.
- 1 CUP CASHEW MILK OR COCONUT MILK
- 1/2 TSP HIMALAYAN PINK SALT
- 1/8 TSP GROUND NUTMEG
- 1/8 TSP BLACK PEPPER
- A PINCH CAYENNE PEPPER

DIRECTIONS:

SAUTÉ THE ONIONS IN BUTTER IN A LARGE SAUCE PAN ON MEDIUM HEAT UNTIL TENDER.

AND ZUCCHINI AND VEGETABLE BROTH; AND STIR WELL.

BRING TO BOILING THEN COVER, REDUCE HEAT AND SIMMER FOR 15 TO 20 MINUTES OR UNTIL THE ZUCCHINI IS TENDER.

REMOVE FROM HEAT. POUR THE CONTENTS INTO A BLENDER AND PURÉE.

RETURN THE PUREED MIXTURE INTO THE SAUCE PAN.

ADD THE CASHEW OR COCONUT MILK ALONG WITH THE SALT, NUTMEG AND PEPPERS AND CONTINUE TO COOK UNTIL HEATED THROUGH.

SERVE.

* OPTIONALLY YOU CAN USE 3 CUPS OF CHICKEN BROTH INSTEAD OF THE VEGETABLE BROTH. YOU CAN ALSO SUBSTITUTE A HALF A CUP OF HALF-AND-HALF FOR THE ONE CUP OF CASHEW OR COCONUT MILK.

IF SO DESIRED YOU CAN ADD CHEESE FOR GARNISH.