

Creamy Avocado Broccoli Soup Recipe



Another Tuesday, another anti-inflammatory, plant-based, alkaline recipe that's easy to prepare and delicious for the whole family.

Within 20 minutes, you can put a warm, satisfying dinner on the table that will leave extra for lunch the next day. Plus, it will nourish your brain with the healthy, inflammation-fighting foods it craves.

What more could you want?

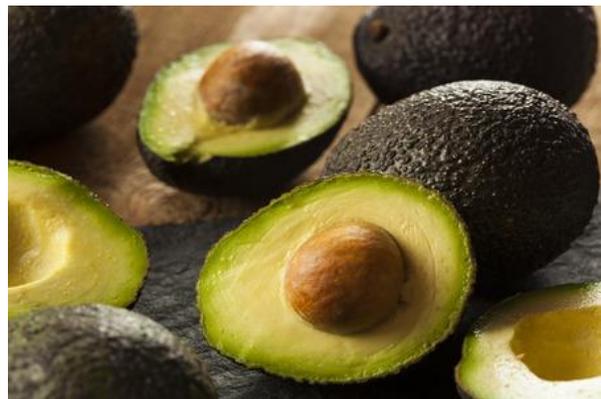
Watch for my post on Thursday, when I'll share the 10 best foods to guard against Alzheimer's and dementia, as well as the #1 WORST food for brain health, according to science.

Give it a try and let me know what you think over [on Facebook](#).

CREAMY AVOCADO-BROCCOLI SOUP

Ingredients [Serves 4]

- 1 small head of broccoli, cut into florets
- 1 small Hass avocado
- 1 red bell pepper, diced
- 1 yellow onion, minced
- 1 celery stalk, minced
- 2 cups vegetable broth (yeast-free)
- 1 tbsp. chopped fresh basil
- 1 tbsp. chopped cilantro
- 1/4 tsp. cumin
- 1/4 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1/4 tsp. black pepper (add more to taste)



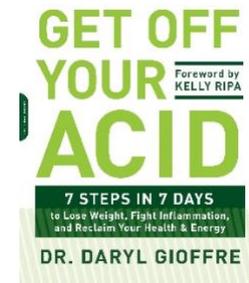
Directions

Heat vegetable broth (do not boil). Add chopped broccoli and onion, and warm in vegetable broth for 10 minutes.

Then put broth, broccoli, and onion into your blender. Add the avocado, red bell pepper, and celery and blend to a puree (until the soup is creamy - add some more water if desired). Next, add cumin, basil, and cilantro and blend again. Season with salt and pepper. Serve warm or chilled.

Want more recipes like this one?

There are lots more delicious plant-based recipes in my best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.



Kelly Ripa, who wrote the Foreword, had this to say:

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”