**Preparation:**

1. Gather all ingredients and equipment.
2. In a kettle or small pot, bring water to a boil. Turn off the heat once boiling, and allow to cool while you complete the other steps of this recipe.
3. In a small microwave-safe bowl, heat broccoli for 2 minutes or until soft. Drain excess water.
4. Make sure the water is still hot, but has cooled to an appropriate temperature for soup. Place all ingredients in a blender, including heated broccoli, and blend until smooth. Enjoy!
### Nutrition Facts

1 Servings  
**Serving size**: 1 1/2 cups

| Amount per serving |  
|--------------------|---|
| Calories           | 200  
| Calories from Fat  | 14  
| **Total Fat**      | 1.5 g  
| Saturated Fat      | 0 g  
| Trans Fat          | 0 g  
| Monounsaturated Fat| 0 g  
| **Cholesterol**    | 20 mg  
| **Sodium**         | 610 mg  
| **Total Carbohydrate** | 27 g  
| Dietary Fiber      | 5 g  
| Total Sugars       | 1 g  
| **Protein**        | 20 g  
| Vitamin D          | 35 %  
| Calcium             | 29 %  
| Iron                | 28 %  
| Potassium          | 800 mg  
| Phosphorus         | 610 mg  

Includes 0g Added Sugars