



Broccoli soup

16 ounces fresh broccoli
2 cups water
1 cup of coconut milk
1 stalk celery
2 medium size carrots
2 small potato
1 clove garlic
¼ teaspoon ground nutmeg
Salt and black pepper to taste
1 cup cheddar cheese (shredded) - **optional**

Combine ingredients and cook about 15 minutes. Blend everything until smooth. Add coconut milk and the cheddar cheese (optional) and stir to combine. Cook over medium heat until the cheese is melted and everything is heated through. At this point do not let the soup boil or it may curdle.