

Broccoli Cheese Soup

preparation: 5 minutes • processing: 5-6 minutes • yield: 2 cups (480 ml)

1 cup (240 ml) skim or low fat milk

1/3 cup (40 g) shredded, low fat cheddar cheese

1 cup (100 g) chopped fresh or frozen broccoli or cauliflower florets, steamed

1 teaspoon diced onion

1 teaspoon cornstarch

1/4 teaspoon chicken or vegetable bouillon or soup base

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 5-6 minutes or until heavy steam escapes from the vented lid.

Per 1 Cup (240 ml) Serving: 112 Cal; 12 g Protein; 2 g Tot Fat; 12 g Carb



Steam and reserve an extra cup of florets to add to your finished soup when serving.