



Natural Life
Choices,™ Inc.

SPINACH SOUP



INGREDIENTS:

- » 4 cups of water or vegetable stock
- » 1lb baby spinach
- » 3 potatoes
- » 1 onion
- » 1 tablespoon of olive oil
- » 3 cloves of garlic
- » 2 tablespoon coconut cream
- » Salt and black pepper



PREPARATION:

Warm up olive oil in cooking pot, add chopped onion and fry for 2 minutes. Then add peeled and cut into small squares potato and fry for additional 2 minutes. Add spinach and fry for 3 minutes and then add the water and salt. Bring to boil and lower the heat and simmer for 15 minutes or until potatoes are tender. Then add the minced garlic. Let the soup cool down and then add the coconut cream and blend everything. You can serve with fresh bread.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)