

## Every-Season Greenaholic Soup

- 4 medium-sized zucchini (*no large seeds*)
- 1-1/2 cups chicken broth (*or 1-1/2 cups water + 1 tsp. "Better Than Bouillon" Lower Sodium Chicken Base*)
- 1/4 cup coconut oil
- 1/4 tsp. sea salt (*or to taste*)
- 1/8 tsp. black pepper (*or to taste*)
- 1 Tbsp. nutritional yeast
- 2 tsp. minced fresh garlic or 1/2 tsp. garlic powder
- 1/2 tsp. onion powder or 2 Tbsp. fresh chopped onion
- 1/4 tsp. glucomannan powder\*
- 1/4 tsp. xanthan gum\*



Add sliced zucchini and water/broth to 4-quart saucepot. Cover and bring to a boil over medium-high heat. Turn heat to low or medium-low and continue steaming zucchini until it is tender but not mushy.

Pour hot zucchini and broth into blender. Add coconut oil, salt and pepper, nutritional yeast, garlic or garlic powder, onion or onion powder, glucomannan powder and/or xanthan gum to blender; cover and blend well until soup is smooth. Serves 4.

\*You may use 1/4 tsp. of each thickener (glucomannan or xanthan gum), or 1/2 tsp. of one of them; or none at all! It's up to you. :)