

Creamy Spinach Blender Soup

Serves 4:

Modified from: my personal recipe

Items Needed: cutting board, chef's knife, measuring cups, measuring spoons

Ingredients:

- 2.5 cups spinach, packed
- 4 cups water
- ¼ c pistachios
- ½ avocado
- ½ c cilantro, chopped
- ½ tsp salt

Directions

1. Add pistachios, avocado, spinach, cilantro, and spinach to your blender
2. For a hot soup, boil water and add 4 cups to the blender. For a chilled soup, add 4 cups cold water to the blender.
3. Blend on high until ingredients are combined and soup is creamy.
4. Add up to ½ a tsp salt, blend to combine and season to taste
5. Serve and enjoy!

Nutrition Information (per 1 cup):

Calories: 100 Fat: 7 g Carbs: 5 g Protein: 3 g Fiber: 3 g **Sodium:** 300 mg