



CREAMY BROCCOLI

**Very Creamy Without the Calories!
2 servings in just 10 minutes**

**1 C. broccoli, washed
½ green pepper
½ small clove raw garlic
1 Tbsp. raw onion
⅔ C. kefir cream cheese
1 C. liquid kefir**

**Steam broccoli in plastic bag in microwave for 1 minute. Blend all ingredients in Vita-Mix or blender on high speed.
Serve immediately hot or cold as a soup or smoothie.**

