

# ALKALINE DIET RECIPE: ALKALINE CREAM OF BROCCOLI SOUP



Do you miss acidic favorites now that you're enjoying the alkaline lifestyle?

It's ok, I do too. Don't get me wrong, just because I miss them does NOT mean I am going to go back to eating those foods because I don't miss the way I felt afterward.

I know what those foods were doing to my body. And the [risk of heart disease](#), among other serious diseases, is not worth it!

So that's why I've made it my mission to create alkaline ways to enjoy old acidic favorites. Today's recipe is one of those.

This cream of broccoli soup has none of the bloating dairy or strange ingredients you can't pronounce like the store-bought, processed kind.

Instead, you're going to get tons of vitamin and mineral-rich veggies and chickpeas in a delicious, savory soup that's perfect for a cold night.

So give it a try and tell us on [Facebook](#) what foods you want alkaline versions of.  
**Cream Of Broccoli Soup**

Serves 4

## INGREDIENTS

- 4 cups filtered water or vegetable broth (yeast free)
- 4 cups broccoli florets
- 1 15-ounce can garbanzo beans, rinsed well (I use Eden Organic)
- 3 garlic cloves, minced or pressed



1 onion, chopped  
1 sweet potato, peeled and cut into chunks  
1 tsp. dried thyme  
1 tsp. whole celery seeds  
1 1/2 tsp. salt  
1/2 tsp. dried marjoram (substitute with oregano)  
1/4 tsp. ground black pepper  
1/4 tsp. turmeric powder

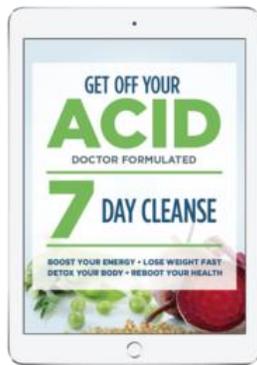
## DIRECTIONS

Combine the filtered water or vegetable broth, sweet potato, onion, garlic, celery seeds, thyme, marjoram, turmeric, black pepper, and garbanzo beans in a large pot. Place over medium heat, cover, and simmer for about 20 minutes, or until the vegetables are tender. Remove from the heat and let cool slightly.

Next, transfer mixture to a blender and process in several batches (I suggest blending no more than half the blender full of the mixture at a time). Blend for 1 to 2 minutes, until the mixture is completely smooth.

Return the blended soup to the pot and stir in the broccoli and sea salt. Cover and simmer for 5 to 10 minutes, or until the broccoli is fork-tender.

Serve and enjoy!



I've got a ton of quick and tasty dinner recipes like this one in my [Get Off Your Acid 7-Day Cleanse](#) that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!

To quote cleanse participant and patient, Kelly Ripa...

**“Dr. Gioffre put me on this cleanse. It’s an antacid, highly alkaline cleanse, and it has changed my life.”**