

# CREAMY ZUCCHINI SOUP

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PREP & COOK TIME: 40 MIN | SERVINGS: 2-3

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## *ingredients*

1 large zucchini  
1 medium sweet onion  
2 cloves garlic, peeled  
4 cups broth to cover  
1/4 cup Raw cashews  
1/2 cup Italian Parsley  
Juice of 1/2 lemon  
Salt/pepper to taste

## *directions*

1. Chop zucchini into quarter moons. Rough chop onion.
2. Place in a pot. Cover with broth and add cashews & garlic.
3. Bring to a boil, then cover & simmer for 20-25 minutes.
4. Remove from heat. Add lemon, parsley, salt & pepper. Stir.
5. Place soup in a heat-proof blender. Blend on high until smooth.
6. For thicker soup: pour soup back into pot. Simmer uncovered for 5-10 minutes.

[Click here to watch the YouTube cooking demo](#)