



CREAMY MUSHROOM AND ZUCCHINI SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 3 tbsp coconut oil
- 2 cloves garlic, crushed
- 400g button mushrooms, thinly sliced
- 4 spring onions, green ends included, thinly sliced
- 1 large zucchini, thinly sliced
- 1 tsp salt
- 1/2 tsp pepper
- 2 cups water
- 1 can coconut cream
- 2 tbsp coriander, finely chopped

METHOD

- In saucepan heat coconut oil.
- Add garlic and spring onions and cook 5 minutes while stirring.
- Add zucchini, and cook stirring for 10 minutes.
- Add mushrooms, salt, pepper and cook 5 minutes.
- Add water and bring to the boil, simmering for 10 minutes.
- Add coconut cream, and heat.
- Serve garnished with chopped coriander.