

Broccoli cream soup

Savoury

level 

 4

 15 min



Ingredients

200 ml	Fresubin Energy DRINK Neutral
200 g	broccoli, cleaned
80 ml	meat stock
30 ml	Cream (30 % fat) (3 tablespoons)
30 g	almond flakes (3 tablespoons)
	salt, white pepper, garlic

Nutritional information per serving:

Energy	724 kcal
Protein	33.4 g
Fat	42.1 g
Carbohydrate ...	52.4 g
Fibre	0.0 g



Alternative products:

Fresubin® 2 kcal DRINK

Preparation

Steam the chopped broccoli in the meat stock. Add Fresubin Energy DRINK Neutral and the cream and mix with a hand-held blender until creamy. Heat the soup and season.

Roast the almond flakes slightly in a dry pan, add to the soup and serve.

TIP:

Depending on your taste, sprinkle grated cheese, e.g. Edam or Parmesan (approx. 20 g) over the soup.

