

# Green Immune Boosting Keto Soup

Hands-on 15 minutes Overall 30 minutes

**Nutritional values (per serving, about 1 1/2 cups, 360 ml/ 12 fl oz):** Total carbs: 14.4 g,

Fiber: 6.2 g, **Net carbs: 8.2 g**, Protein: 14.5 g, Fat: 24.7 g, Calories: 312 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

- 2 tbsp virgin [coconut oil](#) or [ghee](#) (30 ml)
- 500 g frozen broccoli florets or fresh broccoli (1.1 lb)
- 1 package frozen spinach, defrosted and drained (250 g/ 8.8 oz)
- 1 package frozen kale or fresh kale, chopped finely (250 g/ 8.8 oz)
- 3 celery stalks, trimmed (120 g/ 4.2 oz)
- 2 cloves garlic, minced
- 2 tbsp grated fresh ginger (12 g/ 0.4 oz)
- 1 can full-fat [coconut milk](#) (400 ml/ 13.5 fl oz)
- 3 cups [chicken stock](#) or vegetable stock (720 ml/ 24 fl oz)
- 1 tsp [ground turmeric](#)
- 1 cup chopped parsley, divided (60 g/ 2.1 oz)
- sea salt and ground pepper, to taste
- 6 tbsp Greek yogurt or coconut yoghurt (90 g/ 3.2 oz)
- 6 tbsp toasted [hemp seeds](#) or [pumpkin seeds](#) (53 g/ 1.9 oz)
- chili flakes, to taste

## Instructions

1. Prepare all the ingredients. Chop the kale (if using fresh) and remove the hard stems. Squeeze out any excess juices from the spinach.
2. Dice the celery and finely chop the garlic. Add to a heavy pot along with the coconut oil and cook over medium-high heat until celery is softened.
3. Add the grated ginger and cook for a further minute.
4. Add the spinach, kale and broccoli florets to the pot and add the coconut milk, chicken stock (or vegetable stock) and parsley (reserve some for garnish).
5. Bring to the boil and then reduce heat and simmer for 10 to 15 minutes or until the broccoli is softened.
6. Working in batches, blitz in a high-speed blender until smooth and

bright green.

7. Serve each bowl with a tablespoon of yoghurt (or coconut yogurt) swirled in, and topped a tablespoon toasted hemp seeds (or pumpkin seeds), chili flakes and remaining the parsley.
8. Store in a covered dish in the fridge for up to 1 week or portion out and freeze.

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