

HOW TO MAKE

Smoop

Nutritionist designed smoothie soup for optimal nourishment



1

32 oz. of broth in saucepan
(choose one)
vegetable broth
bone broth
chicken broth
mushroom stock
beef broth
fish stock
Magic Mineral Broth

Veggies scrubbed and chopped
(add 5 cups of any variety to broth)
onion | garlic | leek | broccoli | cauliflower | mushroom | cabbage | spinach | kale | carrot | tomato | celery | zucchini | asparagus | Swiss chard | arugula | butternut squash | green beans | peas

2



3

- Put veggies in broth
- Cook until fork tender (20-40 minutes)
- Remove from heat
- Add 1/4 cup of healthy fat (ghee | grass-fed butter | olive oil | avocado oil | coconut oil | MCT oil | heavy cream | coconut milk

- Add Celtic sea Salt to taste
- Add herbs and spices to taste
- Add protein, if desired (cooked lentils | cooked mung dal | collagen protein powder | whey protein | quinoa protein, etc.
- Blend until smooth with emersion blender , Vitamix, or blender

4



5

Drink right away or fill a thermos for a quick and healthy meal on the go. Can be frozen in Mason jars, be sure to leave room for expansion. Protein, fiber, healthy fat, veggies, vitamins and minerals! :-)

BROTH

VEGGIE BROTH
MAGIC MINERAL BROTH
CHICKEN BROTH
MUSHROOM BROTH
FISH BROTH
BONE BROTH

VEGETABLES

BROCCOLI	
CAULIFLOWER	CORN
PEA	LEEK
GREEN BEANS	ONION
	PEPPERS
BOK CHOY	FENNEL
CORN	SQUASH
BEET GREENS	ASPARAGUS
SWEET POTATO	CABBAGE
	CARROT
BEETS	CELERY
ARUGULA	
	BRUSSEL SPROUTS
SPINACH	SWISS CHARD
ZUCCHINI	
POTATO	MUSTARD GREENS
GARLIC	

HERBS

GINGER
TURMERIC
TARRAGON
CUMIN
CURRY
BASIL
OREGANO
DILL
CORIANDER
CINNAMON NUTMEG
GARLIC POWDER
THYME
GROUND MUSTARD
CARDAMOM
FENNEL
CLOVE
ROSEMARY
MINT
LAVENDER
RED PEPPER FLAKES
CELERY SALT
NUTMEG
GAUM MARSALA
SAFFRON
FENUGREEK
SAGE
CARAWAY SEED
ALLSPICE
CHILI POWDER
PARSLEY

HEALTHY FATS

GHEE
GRASS-FED BUTTER
COCONUT OIL
MCT OIL
AVOCADO OIL
OLIVE OIL
HEAVY CREAM
COCONUT CREAM
GRASS FED CHEESE

