

Spring Pea and Mint Soup

**Give It
A Try**

Boost your daily veggie intake with this simple and refreshing Spring Pea and Mint Soup - it can be served warm or chilled.



Did You Know?

The protein content of a 100 calorie serving of peas is higher than that of a whole egg or a tablespoon of peanut butter.



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 Serves 4



Ingredients:

- ½ cup chopped celery
- 1 cup chopped onion
- 2 cloves garlic, peeled and crushed
- 1 cup cauliflower florets
- 4 cups low sodium vegetable broth
- ½ tsp salt
- ¼ tsp pepper
- 1 ½ cups frozen peas, thawed
- 1 cup fresh spinach
- 4 tbsp fresh mint, roughly chopped

Preparation:

1. Add celery, onion, garlic, cauliflower, broth, salt and pepper to a large pot.
2. Bring to a boil over medium-high heat. Reduce heat to low and simmer until vegetables are tender, about 10 minutes.
3. Add peas, spinach and mint. Cook just until heated through, about 2 minutes. Remove from heat.
4. Working in batches, purée soup in a blender until smooth (alternately, an immersion blender may be used to purée soup). Return soup to pot and reheat over medium-low heat until hot, about 2 – 3 minutes.
5. Serve and enjoy!

Nutritional analysis per serving: 97 calories, 0 g fat, 5 g protein, 19 g carbohydrate (13 g available carbohydrate), 6 g fibre, 201 mg sodium

My Viva Servings: 2 vegetables

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