

Creamy Asparagus Soup

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1 bundle of fresh asparagus, chopped in half
1 leek or bundle of green onions, chopped (about 1/8 cup)
2 cloves garlic, whole
2-3 kale leaves (or handful of spinach)
1 cup raw cashews (to create the "cream") OR 1 cup coconut/almond milk
1 cup water
2 cups vegetable broth
paprika, sea salt, pepper, to taste

In a medium saucepan, melt 1 TBS coconut oil. Add leek or onion and saute for 3-4 minutes.

Add halved asparagus and cover. Allow to cook for 5-7 minutes until just tender. While asparagus cooks, make your cashew cream. Blend 1 cup water and 1 cup cashews in blender, until smooth.

Add cooked asparagus & leek/onion (setting some aside for garnish or texture), garlic, kale/spinach, and 1 cup broth to blender (with the cream).

Blend until smooth and creamy.

Transfer to saucepan and slowly heat, adding seasonings and remaining broth (plus more if needed).