



immune-boosting soup with kelp

Yields 4 - 6 servings .

10min Prep .

30min Cooking



ingredients

4 tbsp of filtered water

1 large onion, chopped

1 large sweet potato, washed and cubed

2 cups of Hippocrates Soup stock

3/4 lb broccoli, washed

1 tbsp of kelp flakes + more to garnish

Optional: broccoli sprouts to garnish
Add more filtered water when blending
the soup

Kelp supports the immune system and helps to lower inflammation. Just like a lot of sea vegetables, it is jam-packed with nutrients. You only need to use a small amount.



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method

Wash all veggies. Chop them into big chunks. Size and shape don't really matter. It will all be mixed in the end.

Start with cooking the onion in 4 tbsp of filtered water. Keep the stove on medium heat.

Next step is to adding the sweet potato and the Hippocrates soup stock.

Let simmer on medium heat while stirring frequently.

Add the broccoli, and cook until all veggies are tender.

Transfer the soup to a blender, along with 1 tbsp of kelp flakes and purée. Add more filtered water if you want the soup to be less thick.

You may need to blend the soup in two or three batches.

Ladle your creamy soup into bowls. Garnish with a handful of broccoli sprouts and another sprinkle of kelp flakes. Depending on the type of sweet potato, your soup can be any colour from creamy-green to orange-green. Fun!

You've waited long enough.

It's time to serve this immune boosting soup!

TIP: not a fan of kelp? Add some fresh parsley, rosemary or basil to boost your immune system and give your soup some extra flavour.