

KETO SPINACH SOUP

Serves: 2
Prep Time: 5 Minutes
Cook Time: 15 Minutes
Total Time: 20 Minutes

INGREDIENTS

- ¼ lbs. spinach
- 2 oz. onion
- ¼ lbs. heavy cream
- ½ oz. garlic
- 1 chicken stock cube
- 1,5 cup water
- 1 tablespoons butter

DIRECTIONS

1. In a saucepan melt the butter and sauté the onion
2. Add garlic, spinach and stock cube and half the water
3. Cook until spinach wilts
4. Pour everything in a blender and blend, add water
5. Serve with pepper and toasted nuts