

Soups and Stews

## Cream of Asparagus Soup

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**Serves:** 4

**Preparation Time:** 15 minutes

**Ingredients:**

1 pound fresh asparagus, chopped  
2 tablespoons Dr. Fuhrman's VegiZest (or other no-salt seasoning blend, adjusted to taste)  
2 cups water  
2 teaspoons Bragg Liquid Aminos  
1 cup unsweetened soy, almond or hemp milk  
1/2 cup raw cashews  
4 pitted dates  
chopped fresh cilantro, for garnish

**Instructions:**

Simmer asparagus, VegiZest, water, and aminos in a soup pot until asparagus is tender.

Blend in a high-powered blender, with non-dairy milk, cashews, and dates, until smooth.

Garnish with cilantro before serving.

**Per Serving:**

CALORIES 171; PROTEIN 9g; CARBOHYDRATES 19g; TOTAL FAT 8.8g; SATURATED FAT 1.5g; SODIUM 150mg; FIBER 4.4g; BETA-CAROTENE 512ug; VITAMIN C 9mg; CALCIUM 132mg; IRON 4.5mg; FOLATE 80ug; MAGNESIUM 88mg; ZINC 2mg; SELENIUM 6.5ug

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